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She has been featured on the A&E television series "Hoarders" and is the author of "The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life."

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Dr. Z is on the A&E series Hoarders, Host of My Extreme Animal Phobia on AP, of THE HOARDER IN YOU: How to Live a Happier, Healthier, Uncluttered Life.

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Owner/Director at The Anxiety Treatment Center, The Compulsive Hoarding . THE HOARDER IN YOU: How to Live a Happier, Healthier, Uncluttered Life.

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All tips are from Dr. Robin Zasio, a psychologist featured on Hoarders. the author of The Hoarder in You: How to Live a Happier, Healthier, Uncluttered Life.

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Summary. We all have treasured possessions--a favorite pair of shoes, a much-beloved chair, an ever-expanding record collection. But sometimes, this

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I am fascinated and repelled at the same time every time I watch Hoarders on TV. Dr. Robin Zasio was always one of my favorites and I truly

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