



## Mess: One Man s Struggle to Clean Up His House and His Act (Hardback)

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By Barry Yourgrau

WW Norton Co, United States, 2015. Hardback. Book Condition: New. 218 x 150 mm. Language: English . Brand New Book. Millions of Americans struggle with severe clutter and hoarding. New York writer and bohemian Barry Yourgrau is one of them. Behind the door of his Queens apartment, Yourgrau s life is, quite literally, chaos. Confronted by his exasperated girlfriend, a globe-trotting food critic, he embarks on a heartfelt, wide-ranging, and too often uproarious project-part Larry David, part Janet Malcolm-to take control of his crammed, disorderly apartment and life, and to explore the wider world of collecting, clutter, and extreme hoarding. Encounters with a professional declutterer, a Lacanian shrink, and Clutterers Anonymous-not to mention England s most excessive hoarder-as well as explorations of the bewildering universe of new therapies and brain science, help Yourgrau navigate uncharted territory: clearing shelves, boxes, and bags; throwing out a nostalgic cracked pasta bowl; and sorting through a lifetime of messy relationships. Mess is the story of one man s efforts to learn to let go, to clean up his space (physical and emotional), and to save his relationship.



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