

Discussion Questions for *Stuff: Compulsive Hoarding and the Meaning of Things* by Randy O. Frost and Gail Steketee

1. On page 9, the authors write “Recent studies of hoarding put the prevalence rate at somewhere between 2 and 5 percent of the population. That means that six million to fifteen million Americans suffer from hoarding that causes them distress or interferes with their ability to live.”

Who here knows someone who is a hoarder, or who you suspect of being a hoarder?

2. Did you learn information about hoarding that you did not already know? If you did, what did you learn?
3. Did *Stuff* trigger any emotions while you were reading it?
4. Did one of the case studies in particular resonate with you, or especially bother you? Which one, and why?
5. What did you find to be the most interesting part of the book?
6. Were you surprised by anything you read in *Stuff*?
7. If the authors were here, what questions would you like to ask them?
8. Did the title and cover accurately portray what the book is about? Is the cover an effective one?
9. Are there any additional comments you would like to share?