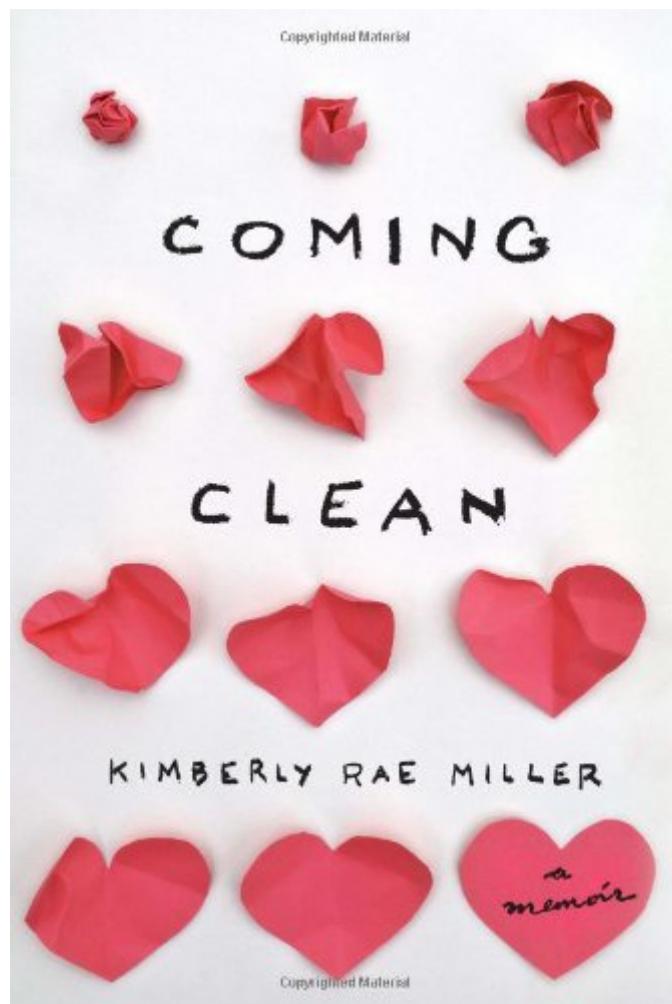


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Coming Clean: A Memoir



Synopsis

Kimberly Rae Miller is an immaculately put-together woman with a great career, a loving boyfriend, and a beautifully tidy apartment in Brooklyn. You would never guess that behind the closed doors of her family's idyllic Long Island house hid teetering stacks of aging newspaper, broken computers, and boxes upon boxes of unused junk festering in every room—the product of her father's painful and unending struggle with hoarding. In this dazzling memoir, Miller brings to life her experience growing up in a rat-infested home, hiding her father's shameful secret from friends for years, and the emotional burden that ultimately led to her suicide attempt. In beautiful prose, Miller sheds light on her complicated yet loving relationship with her parents, which has thrived in spite of the odds. Coming Clean is a story about recognizing where you come from and understanding the relationships that define you. It is also a powerful story of recovery and redemption.

Book Information

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Customer Reviews

For a book about a child growing up in a hoarding environment, I found this to be surprisingly tragic.

Like many others, I'm addicted the popular tv shows that feature, and some might argue exploit, this mental health issue. If you look around online, it's not hard to find articles and forum comments that are very judgmental, and often times vicious, toward the people who appear on these shows. It's not uncommon for viewers to suggest that watching "Hoarders" is inspiration to clean their own homes. It's easy to forget that these are human beings-- not motivational tools. Kimberly Rae Miller puts a very human face on the issue of hoarding. Her father has no memories of his childhood, at all. His parents were hard-core alcoholics and whatever happened to him in his youth was protectively erased by his brain. Her mother grew up unloved by neglectful parents. She suffers with an extreme spinal condition because her parent's couldn't be bothered to get her a back brace as a child. Kimberly's father starts as the catalyst for the hoarding situation. He's fond of papers, any paper, and radios. Their house quickly fills of them. Her mother is angry at the mess, but also ultimately resigned to it. She eventually becomes a compulsive shopper who adds to the hoard. The hoard slowly takes over the family's life. Their first house burns down in a fire, spurred on by the mounds of paper, killing all the family pets. Her parents separate for a time, partly to keep CPS from discovering their true living conditions. The boiler explodes, and they have to start taking weekly showers at a local gym. Then they discover a surprise living in their attic, the reveal of which literally had me screeching at my Kindle. This is a very well-written memoir, better than many I've read from professional writers. The author is likable and down to earth. I think some people will be confused, maybe even put off, by her forgiving nature to her parents. But I get it. My interest in hoarding actually comes from my husband's family-- both he and his mother have hoarding tendencies. Yet, I grew up in a dysfunctional environment, and I could relate to every inner struggle with her parents. I wish her the best of luck going forward and dealing with her parents as they continue to age.

Informative book about a daughter's life with 2 parents who were hoarders. My heart broke for the little girl, Kimberly, and all she had to endure in her life, a lot of the time, by herself. However, I was very inspired by her drive and ambition, helped along by these same parents who loved her with all their hearts, and who supported her in all her school activities , telling her there was nothing she could not accomplish. Later in their lives, still hoarders, they still depend on Kimberly and friends, to clean out their hoard many times over. She always is there for her parents, no matter what, even at the expense of her own wants at times. Hoarding is a misunderstood disease, and many never seek help. This book uncovers the people behind the hoard, and in some ways explains what causes hoarding to begin with.

This book was a fascinating look into the home and childhood of the author. Everyone has at least seen commercials for the Hoarder type shows, but insider look at the evolution of the home as the author grew up, and her coping mechanisms to appear "normal" were very educational. I found the book to be extremely well written, and finished it quickly. I think that I gained empathy for those in this situation by reading this book.

I have known messy people in my life, but had no idea of what life was like for some people until I saw Hoarders on TV. While watching the show, I found it disgusting to see how people lived and how difficult it was to get them to change. At the same time, I also found it fascinating to watch the family dynamics and to see the story unfolding of what may have triggered this destructive behavior. I thought Coming Clean was really well written and very interesting. I really liked Kimberly and think that she is an amazing person to have come through what she did the way she has. It's wonderful that she has been able to build a good life for herself and still have a loving relationship and understanding for her parents. For all their faults, her parents had to have done a lot right to have raised such a good person! It was an interesting, informative, and easy read and I enjoyed it very much!

This is the first book I reviewed and I am glad to do this and I am not all the way finished. But this woman explains exactly how she feels and what it feels like to go thru life damaged. She also helps explain the semi way to heal. I am impressed and will read more by this either. Thanks Kimberly. I have a problem.....

This is an astonishingly good book. I bought the audiobook read by the author, and her gentle pure tone made it even more powerful. The love and understanding she felt for her parents, and the suffering of all of them, is written about so beautifully that you feel uplifted by the human soul. What an amazing gift this book is.

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