

**Read the text and put the words into the correct gaps.**

messy / driveway / get / through / junk / away / hoarders / news

When Alison Minami\* left for college, she practically dug herself out of her parents' house. They had so much stuff it was almost impossible to walk \_\_\_\_\_ the home. Her parents were \_\_\_\_\_. Every surface was covered with \_\_\_\_\_. There was a car in the \_\_\_\_\_ that didn't run. Shelves were full of garbage. Her parents refused to throw anything \_\_\_\_\_. Yet they accumulated more and more.

Hoarding is more than just being \_\_\_\_\_. Hoarding is having a compulsive need for more, and an inability to throw even the silliest of things away. One hoarder made the \_\_\_\_\_ for having more than 5,000 rubber duckies. Another hoarder kept more than 8,000 stickers taken off of banana peels because she didn't want to \_\_\_\_\_ rid of the "tiny art."

*Listen to the audio and check yourself*

**Read the text again and find the words for these synonyms/definitions:**

- |  |                       |
|--|-----------------------|
| Trash                                    | - _____               |
| almost                                   | - _____ (esp. spoken) |
| To say no                                | - _____               |
| to gradually get more and more           | - _____               |
| very difficult to stop or control (adj.) | - _____               |
| the skin of some fruits and vegetables   | - _____               |

you can listen to Alison Minami's story here – 7 minutes 41 seconds

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valuable / deeply / better / truly / obsessed / excited / closer / whole / expensive  
cluttered

As for Alison, the daughter of hoarders, she finally escaped the \_\_\_\_\_ prison of her parents' home when she left for college. Often, when kids of hoarders leave home, they become \_\_\_\_\_ with cleanliness and minimalism. Jessie Sholl whose mother was a hoarder, says she gets \_\_\_\_\_ to throw things out. She's even thrown away her college diploma. The less stuff she has, the \_\_\_\_\_ she feels.

These days, it's not just kids of hoarders who are feeling the pull towards minimalism. There's a \_\_\_\_\_ movement happening. People are realizing that more stuff does not equal more happiness.

Studies show if you want to be \_\_\_\_\_ happy, instead of buying more things, you should spend your money on experiences.

Experiences make us happy because they become part of our identity. Imagine that you live in a beautiful house, but your real passion is painting, or hiking, or traveling. You wouldn't say, I am a beautiful home-owner. If you had to describe yourself, you'd probably say that you're an artist or a hiker or a painter.

And most importantly, experiences bring us \_\_\_\_\_ to each other. Going to a concert, taking an art class, or learning to speak another language are experiences that don't fill up our houses with stuff, but they give us something much more \_\_\_\_\_. They give us the opportunity to connect with one another. Not only do we share the experience, but we create shared memories with the people we care about.

The next time you're about to make an \_\_\_\_\_ purchase, think about what kind of experience it will give you. Is it an experience that will allow you to live more fully and connect more \_\_\_\_\_ with others or is it just another pretty object to hoard in your house?

*Listen to the text and check yourself*

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