



## The Nine Rooms of Happiness

by Lucy Danziger and Catherine Birndorf



This is a fun and delightful book. As with so many other authors these days, their theme is about finding your passion and purpose and making a contribution in the world.

I identified with "The Tenth Room, Even My Blackberry Gets to Recharge"; as a working mom, I generally give too much, and then feel depleted. The authors encourage women to find their passion (any activity that sustains you or leads you to purpose and ultimate inner happiness). When I use this with my clients, it helps them see that not all rooms are in need of work — in fact, some of them are in good shape. ~ **Dr. Michele Winchester-Vega**

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A great book club topic, as the authors suggest that whether you are looking for the Holy Grail of happiness or looking to make a gratitude list, the book leads us toward the 10th intangible room. The writers use an interesting blend of personal insights and case studies to creatively weave a compelling metaphor to be used as the footprint of our house. Section by section, we are introduced to how to become a sole architect of our destiny. Messy rooms can bring us down, yet neat and tidy rooms can be a camouflage to happiness. Being happy can be tricky. Read the book! ~ **Diane Light-Spiro**

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This book was an enjoyable read. Throughout the book I found myself reflecting on both my personal and professional life. With my clients, I often focus on the control they have over their happiness.

They can effectively change any situation or relationship. Even if someone we are on conflict with is not willing to change, just our ability to do so will have an impact on the relationship.

I thoroughly enjoyed the house metaphor. Often we lump our unhappiness into one place, or "room." This makes achieving happiness seem impossible. If we leave each area of unhappiness where it belongs, it allows us to still enjoy the positive things in our life, while making happiness seem more attainable. I would recommend this book to anyone looking to gain self-insight and better manage his happiness. ~ **Victoria Sullivan**

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This book really gets you thinking about women's issues and how we go about our daily lives. It helps put things in perspective. I really related to Chapter 9, which is the office, where you earn your paycheck and your stress. It really spoke to where I am in my life, in juggling home and work. It's a great read for any woman. ~ **Diana Chillo**

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The book provides valuable insight into discovering one's own personal conflicts through compartmentalizing life into different rooms. The authors do a nice job explaining how to identify in what areas of one's life one may have difficulties; however, I feel the book falls short in providing concrete interventions on how to manage these difficulties. It will help people assess and examine their lives, but readers may feel that it does not necessarily provide guidance for resolutions. ~ **Susan McVey**

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This is an excellent book that I have recommended quite often to my clients. The use of rooms in a house as a metaphor for our emotions is easy for all to relate to. By assigning rooms to our emotions, the authors help the reader see what emotional areas may need attention and in what areas we are well.

They show the reader how to de-clutter where needed and appreciate that every room does not need to be "in order" for you to enjoy your life. A recent client of mine enjoyed the book and said, "I need to get the junk out my bedroom and put it in the basement." ~ **Suzanne Vizethann**