



## The Nine Rooms of Happiness: Loving Yourself, Finding Your Purpose, and Getting Over Life's Little Imperfections

By Lucy Danziger, Catherine Birndorf

Tantor Media, Inc, United States, 2010. CD-Audio. Book Condition: New. Unabridged. 190 x 135 mm. Language: English . Brand New. Ask any woman how she s feeling. Even when things look pretty darn great from the outside, chances are that at least one thing (and it may seem minor to others) is nagging at her, making her feel less than spectacular, bringing her down: I m too fat. My husband doesn t help enough around the house. My friend is going to be mad if I don t call her back. Why don t my kids try harder at school? My job is less than inspiring. Whatever happened to that old boyfriend, the one who got away?Whether it s the size of our thighs or our bank accounts, there always seems to be something that isn t measuring up to our high standards-and we let the dissatisfaction spill over into other areas of our lives, distracting us from taking pleasure in everything that s going right. In The Nine Rooms of Happiness, Lucy Danziger, editor in chief of Self magazine, and women s health psychiatrist Catherine Birndorf use the metaphor of a house to release us from this phenomenon. In...



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