

The Nine Rooms of Happiness

Lucy Danziger &
Catherine Birndorf, M.D.

READ BY MARGUERITE GAVIN

This book will help you think differently about the things that are bringing you down and nourish a happier, more joy-filled life, in every room of your emotional house.

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.

The Nine Rooms of Happiness pinpoints common self-destructive patterns of behavior and offers key processes that will help listeners clean up their emotional architecture. After each room is "clean," Lucy Danziger and Catherine Birndorf show us how we can spend time on ourselves figuring out what is most meaningful to us—finding larger passion and purpose that makes returning to the rest of our house a pleasure, no matter what calamity or mess awaits.

Lucy Danziger has been editor in chief of *Self* magazine for more than eight years and has published with the *New York Times*, *Vogue*, *Outside*, *Allure*, *Time*, and *USA Today*. **Catherine Birndorf, M.D.**, is a psychiatrist and the founding director of the Payne Whitney Women's Program at New York-Presbyterian Hospital. She is also a contributing columnist for *Self*.

Marguerite Gavin has recorded over two hundred audiobooks in nearly every genre, including *The Bag Lady Papers* by Alexandra Penney and *Some Day You'll Thank Me for This* by Gayden Metcalfe and Charlotte Hays. *AudioFile* magazine says, "Marguerite Gavin has a sonorous voice, rich and full of emotion."



Tantor
audio

Running Time: 10 Hours • Unabridged

© 2010 Lucy Danziger and Catherine Birndorf, M.D. © 2010 Tantor Media, Inc.
Published by arrangement with Voice, an imprint of Hyperion. Jacket design
by Elaine Byers. www.tantor.com



Tantor
audio

PLAYAWAY®

The Nine Rooms of Happiness
Lucy Danziger &
Catherine Birndorf, M.D.

PLAYAWAY®

Playaway is a better listening experience combining an easy-to-use player with an entire audiobook. Ask your librarian for more details!

WWW.PLAYAWAY.COM
© 2010 Playaway. Patent Approved.
All rights reserved. Designed in Ohio. Made in China.



LIGHT

PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK



HD LIGHT

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC.
31999 Aurora Road, Solon, OH 44139 USA