

Wendy Knipp's "The Rooms in Your House" Offers a Fresh Framework for Friendships and Personal Boundaries

A Practical Guide to Building Meaningful Relationships Hits Shelves December 2024.

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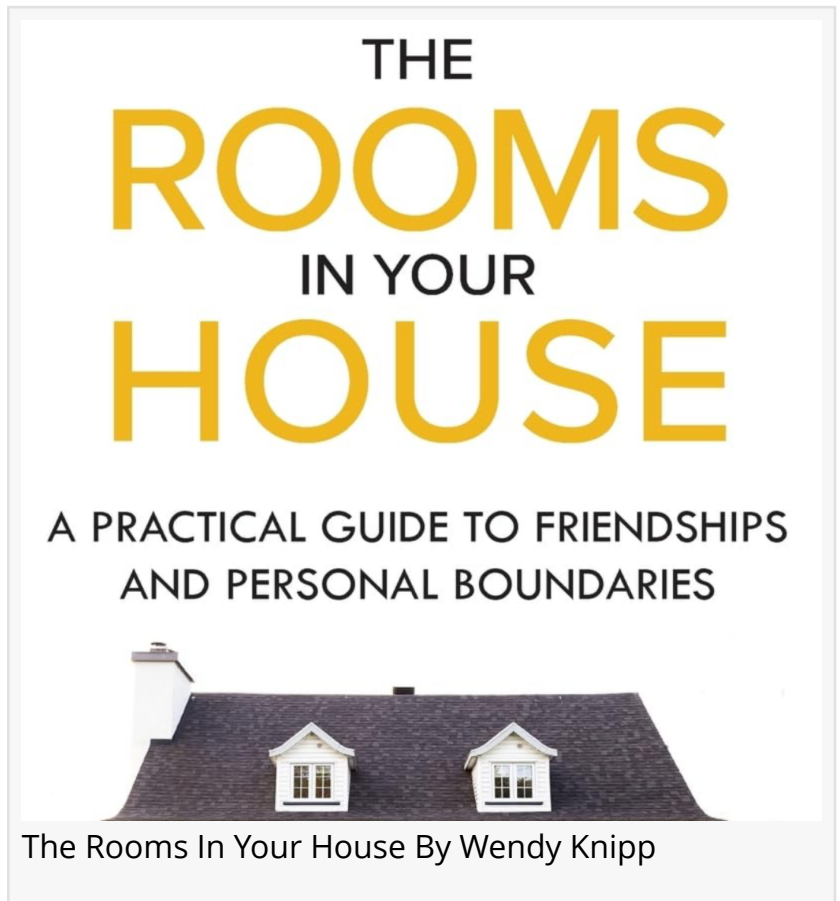
Wendy Knipp's transformative new book, *The Rooms in Your House: A Practical Guide to Friendship and Personal Boundaries*, had its debut December 2024. This highly anticipated release redefines the way we approach relationships, offering a practical and visually engaging framework to cultivate healthier, more fulfilling friendships

About the Book *The Rooms in Your House* uses a unique metaphor— a space for each person in your life - a house with various rooms—to help readers evaluate and organize the people in their lives. Each room represents a different level of trust and vulnerability:

The Curb: Where all relationships begin, allowing for cautious observation.

The Porch: Reserved for casual friendships and acquaintances.

The Living Room: A space for trusted individuals forming your core support system.



The Kitchen: The most intimate and trusted circle, your "ride-or-die" relationships.

Through relatable scenarios, actionable advice, and reflective exercises, Knipp guides readers to create boundaries that protect their emotional well-being while fostering authentic connections. Wendy identifies how gossiping, love bombing, mimicking and attachment styles affect friendships.

A Message from Wendy Knipp "The Rooms in Your House is more than a book; it's a toolkit for building meaningful relationships. I've seen how understanding and implementing healthy boundaries can transform lives, and I'm thrilled to share this framework with readers," Knipp says.

Availability The book will be available in multiple formats, including hardcover, paperback, eBook, and Kindle, through major retailers such as:

[Amazon](#): Hardcover and Kindle editions.

Barnes & Noble: Paperback edition.

Apple Books: Digital version for Apple devices.

Walmart: Paperback edition.

Rakuten Kobo: eBook version.

Alibris: New and used copies.

Why This Book Matters In a world where boundaries are often misunderstood or overlooked, *The Rooms in Your House* provides a much-needed roadmap for navigating the complexities of modern relationships. The book is designed for anyone struggling with friendships, family dynamics, or professional connections, particularly those who feel drained by one-sided relationships or have difficulty asserting their needs.

About the Author Wendy Knipp is a seasoned entrepreneur with over decades of experience empowering individuals to create healthier relationships. Through her engaging storytelling and actionable advice, Knipp draws from her own journey and years of research to deliver a powerful message of self-respect and emotional empowerment.

Take the first step toward healthier relationships and personal empowerment with *The Rooms in Your House: A Practical Guide to Friendship and Personal Boundaries*. Pre-order your copy today and redefine the way you connect with others.

Join the Conversation Follow Wendy Knipp on social media to join discussions about the book's

themes and practical applications:

Instagram: [@wendyknipp](#)

For media inquiries, interviews, or review copies, please contact:

Wendy Knipp

The Rooms in Your House

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