

# THE THREE ROOMS

## The Three Rooms Change Your Thoughts, Change Your Life

By Kevin Murphy

**What “Room” Are You In? The “Room” In Which Your Thoughts Reside Will Determine Your Quality of Business Success, Personal Relationships, Happiness & More!**

Kevin Murphy Brings a New Approach to Transformative Living That is Simple,  
Easy-to-Grasp, and Profound

Is your mind residing in *The Past Room*, where regrets, past hurts, painful memories, grudges or other memories are impacting you today? Or perhaps you are hanging out in *The Future Room* where worry, anxiety or fear haunt you daily?

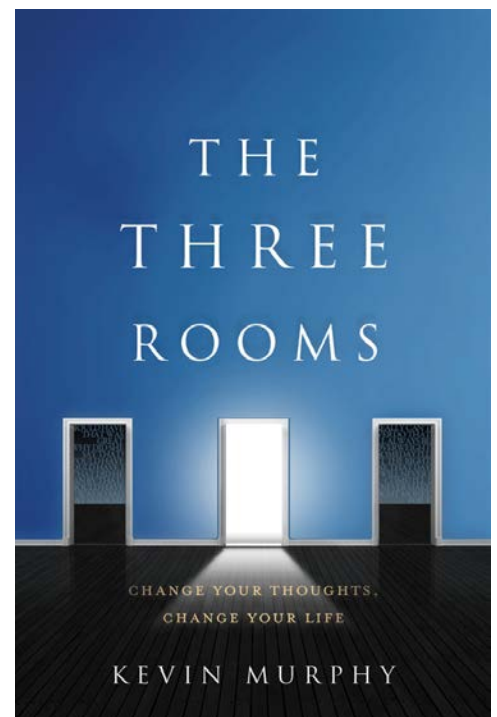
Kevin Murphy has a powerful new book, called **The Three Rooms: Change Your Thoughts, Change Your Life** (River Grove Books) that actually shows you a roadmap to *The Present Room*, the one where all of that fades away and you can fully blossom into your highest potential, greatest success and a love-filled life.

While Eckhart Tolle and others have extolled the value of living in the present moment, many people have found that philosophy a challenge to implement. But the genius of Murphy’s new book is how easy and simple he makes it to realize when you are NOT—and how you can shift back into The Present Room.

Many readers will recognize themselves as he establishes the signs and consequences of living from either *The Past Room* or *The Future Room*. Most are not even aware of what room consumes their thinking—this eye-opening book will wake them up!

No more sleepwalking—as Murphy calls it—focusing exclusively on what you think, feel and hear from others—and what you perceive from your judgmental beliefs. When you are in The Present Room, you can experience truth and clearly perceive the messages Source has just for you. You can live in a state of love and acceptance.

Furthermore, Murphy shows the way to intentionally manifest from The Present Room without incurring the roadblocks and obstacles that are endemic to the other two rooms.



Murphy came to his spiritual and mystical awakening after a personal reckoning. As a single Dad, living in a small basement apartment at 33, he loosed his rage at God. It was the springboard to beginning his quest for answers. In due course, he became a highly respected options executive for Citigroup, married the love of his life, found the peace and joy he sought, and began to share his Three Rooms concepts with others.

Kevin's book addresses:

- How to train yourself to be the observer of your thoughts, and recognize which room you are in.
- How to activate the power of the question "Where Am I?"
- How to discover the difference between There and Here
- How you can actually feel the vibrational frequency of the Divine.

Kevin Murphy's ***The Three Rooms: Change Your Thoughts, Change Your Life***, priced at \$15.95, is available at Amazon.com and BarnesandNoble.com

# # #

**Title:** *The Three Rooms: Change Your Thoughts, Change Your Life*

**Author:** Kevin Murphy

**Publisher:** River Grove Books

**Price:** \$15.95

**Format:** Trade Paperback

**Pages:** 250

**ISBN Number:** 978-1-63299-190-4

**Ebook ISBN:** 978-1-63299-191-1

# THE THREE ROOMS

## Kevin Murphy Biography



Kevin Murphy is a former Wall Street managing director, high school and collegiate wrestling champion, community activist, speaker, coach, and author of the book *The Three Rooms*.

During his highly successful 33-year career at Citigroup, Kevin was responsible for the sales, marketing and trading of several different businesses within the firm. He served on the Board of Directors of multiple option exchanges and spoke at conferences all over the world. He is a former chairman of the *SIFMA Option Committee* and has lectured both U.S. Regulatory and Congressional staff on the education of the options and securities markets. Kevin currently serves on the Board of Directors for Cboe Global Market's six U.S. securities exchanges.

Following his college wrestling career, he has served as a youth wrestling coach on Long Island for over 30 years. His lifetime service to the sport of wrestling led to his induction into the National Wrestling Hall of Fame in 2009. He is a member of the Board of

Directors for the non-profit *Friends of Long Island Wrestling*, and has spear-headed a campaign to raise awareness of the opioid and drug epidemic that is sweeping the country. The campaign is called *Wrestling Takes Down Drugs* [www.wrestlingtakesdowndrugs.org](http://www.wrestlingtakesdowndrugs.org), and is designed to build self-esteem in students through the sport of wrestling, in order to help aid in the prevention of addiction for the next generation of young people.

These experiences have given Kevin a unique and eclectic mix of understanding human nature. He noticed that our happiness and unhappiness in life is always the result of our thoughts – whether observations of the present, memories from the past, or projected fears about the future. Combining this theory with the deep personal insights he attained along his own 20+ year spiritual journey, Kevin stepped away from the corporate world to write the book *The Three Rooms*, in which he explains how observing which room your thoughts are in, can change your experience of life.

To explore more about the book, go to: [www.thethreerooms.com](http://www.thethreerooms.com) .



### **On Air Introduction**

Kevin Murphy is a former Wall Street managing director, high school and collegiate wrestling champion, community activist, speaker, coach, and author of the book *The Three Rooms*.

After 33 years at Citigroup in the field of sales, marketing and option trading and becoming an industry luminary in the options field, Kevin felt called to step away from the corporate world in order to bring forth a book that would draw attention to a concept that became very clear to him during quiet periods of reflection and meditation. He started applying these concepts while dealing with people in business, the youngsters he coached in wrestling, and in his own personal experiences – including how it could impact those being pulled into the opioid and drug epidemic.

The premise behind *The Three Rooms* is simple, but profound. It explains that our experience of life is not based on what we have or what we do, but rather, it is based on what we think, and our thoughts can only be in one of three places: the past (Past Room), the future (Future Room), or the present (Present Room), and whichever room your thoughts are in determines your experience of life in that moment. Kevin explains how observing which room your thoughts are in, can change your experience of life.

*The Three Rooms* invites you to start the process of better monitoring your thoughts—while providing you the keys to transform your life by doing so. As Kevin notes, those thoughts *merely* affect our health, our wealth and our relationships.



## **Questions for Kevin Murphy**

- 1) Let's start with the most basic question: Why this book, and why now?
- 2) What is the main message, or takeaway you would like your readers to get from the book?
- 3) This kind of book doesn't seem to fit with your background: 33 years in the corporate world. How did you end up writing a book on thoughts and consciousness?
- 4) How did you come up with the metaphor of the Three Rooms?
- 5) There is a lot of material available today that highlights the power of our thoughts. How is this book any different?
- 6) Can you touch base briefly on each of the Three Rooms, and what is the significance of each one?
- 7) If so many people know they should live in the "present", or in the "now", why do so many people seem get stuck in the Past or Future Rooms?
- 8) It seems simple enough to "switch rooms", but sometimes you are just so mad at someone and can't let it go. What do you do then?
- 9) How about when you get dragged into the Past Room, even though you don't want to go there. How do you prevent that from happening?
- 10) Most people are feeling a tremendous amount of stress in their lives these days, whether it is from their jobs, social media, or relationships. How can the Three Rooms help them?
- 11) A lot of people talk about meditation. Is that the best way to get into the Present Room?
- 12) Many people on a spiritual path ask the question: "Who am I?"  
Why do you ask the slightly different question, "Where am I?"
- 13) You frequently refer to a Divine Presence, or Source energy in the book. Is a belief in God or a Higher Power, necessary to grasp the concepts of the Three Rooms?
- 14) You talk about how there are different emotions associated with each room. How did you assign the emotions to each room?
- 15) Can you experience the same emotion in more than one room?
- 16) You talk about the benefits of keeping our thoughts in the Present Room. Don't we have to go back to the past, because that's where we learn things. We also need to plan for the future, so we need to think about the future as well, don't we?

- 17) If the goal is to spend your time in the Present Room, how do you do that when there is so much negativity going on around us, people attacking each other in the press and on social media?
- 18) If someone you know, or live with, is sick and going through major health issues, how do you not worry about them, and doesn't that put you in the Future Room?
- 19) Can you explain the concept of the movie theater?
- 20) The sub-title of the book is *Change Your Room, Change Your Life*, how does the concept of The Three Rooms actually translate into a better experience of life?
- 21) Clearly, things don't always work out the way we hoped for, even if we are in the Present Room. How can we have more control over our life?
- 22) One of your personal passions is about addressing the challenges of addiction. How does the Three Rooms tie into that?
- 23) You have had a long career in the corporate world. How can the principles of the Three Rooms apply to business?
- 24) The last chapter of The Three Rooms states that there is really only one room. How is that? We know our thoughts can go into the past or future. We can't help it.
- 25) You dedicate this book to your children, but who do you consider your primary audience?

# THE THREE ROOMS

## Learn More

### Book

- ***The Three Rooms: Change Your Thoughts, Change Your Life,***
- Priced at \$15.95
- Available at Amazon.com and BarnesandNoble.com

### Website

- [www.thethreerooms.com](http://www.thethreerooms.com)

### Amazon Author Central

- <https://amazon.com/author/kevmurphy>

### Socials Media

- **Facebook:** <https://www.facebook.com/The-Three-Rooms-1023588831100871/>
- **LinkedIn:** <https://www.linkedin.com/in/kevin-murphy-61a4a07/>
- **Twitter:** <https://twitter.com/KevinMurphy3R>
- **Instagram:** <https://www.instagram.com/the3rooms/>