

[PDF] The Happiness Project (Revised Edition): Or, Why I Spent A Year Trying To Sing In The Morning, Clean My Closets, Fight Right, Read Aristotle, And Generally Have More Fun

Gretchen Rubin - pdf download free book



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Description:

“Wonderful. . . . Rubin shows how you can be happier, starting right now, with small, actionable steps accessible to everyone.” —Julie Morgenstern, New York Times bestselling author of *Organizing from the Inside Out*

Gretchen Rubin had an epiphany one rainy afternoon in the unlikeliest of places: a city bus. “The days are long, but the years are short,” she realized. “Time is passing, and I’m not focusing enough on the things that really matter.” In that moment, she decided to dedicate a year to her happiness project.

In this lively and compelling account—now updated with new material by the author—Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.

“An enlightening, laugh-aloud read.”—*Christian Science Monitor*

This updated edition includes:

- A new extensive interview with the author
- Secrets of Adulthood
- An excerpt from Gretchen Rubin’s new book, *Better Than Before: What I Learned About Making and Breaking Habits—to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life*

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