

THE HAPPINESS PROJECT GRETCHEN



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The Happiness Project Experience Gretchen Rubin

Gretchen Rubin is the author of several books, including the blockbuster New York Times bestsellers, *The Four Tendencies*, *Better Than Before*, *The Happiness Project*, and *Happier at Home*. She has an enormous readership, both in print and online, and her books have sold three million copies worldwide.

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The Happiness Project Or Why I Spent a Year Trying to

The Happiness Project: 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 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.

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The Happiness Project Gretchen Rubin 9781443414562

The Happiness Project is the engaging, relatable and inspiring result of the author's twelve-month adventure in becoming a happier person. Written with a wicked sense of humour and sharp insight, Gretchen Rubin's story will inspire readers to embrace the pleasure in their lives and remind them how to have fun.

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Gretchen Rubin

Happiness Project groups, where people meet to discuss their happiness projects, have sprung up across the country and across the world. Rights have been sold in more than 35 countries. Hundreds of book groups have discussed the book; professors, teachers, psychiatrists, and clergy assign it.

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The Sadness in Gretchen Rubin's The Happiness Project

Rubin's project involves a year filled with monthly happiness goals. Each one is kissed with her Twelve Commandments, the first of which is Be Gretchen. Be true to yourself, know who you are and

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The Happiness Project by Gretchen Rubin Book Summary

Gretchen's best tool in her happiness project was her resolutions chart, which evaluated and reminded her of the month's resolutions. The whole point of doing a happiness project is to take action so you change and actually become happier for the long-term.

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