# THE HAPPINESS PROJECT BY GRETCHEN RUBIN



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## Gretchen Rubin Wikipedia

Rubin is a writer on subjects of habits, happiness, and human nature. She is the author of the New York Times bestsellers Better Than Before, Happier at Home, and The Happiness Project. Rubin's books have sold more than two million print and online copies worldwide in over thirty languages.

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# The Happiness Project Psychology Today

Gretchen Rubin is the author of The Happiness Project and Better than Before, a New York Times bestseller that explains how to form good habits and break bad ones.

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