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Summary of The Happiness Project: by Gretchen Rubin Includes Analysis (Paperback)

By Instaread Summaries

Instaread, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. Summary of The Happiness Project by Gretchen Rubin Includes Analysis Preview: The Happiness Project by Gretchen Rubin is a memoir of the author's year-long experiment to see if she could maximize her happiness. Rubin had plenty of reasons to be satisfied with her life. She was married to the love of her life and the mother of two children. She had transitioned from law to a fulfilling writing career. Yet one afternoon while riding on a public bus, she had a sudden awareness of how quickly life passes. Afraid that she might wake up one day and feel like she wasted her life, Rubin asked herself: What do I really want? The answer was simple: to be happy. Although she had a wonderful life, she also had a strong sense that she could be happier. Rubin didn't want to do anything drastic, like leave her family or go on an overseas sabbatical. Instead, she decided to dedicate twelve months to increasing her own. PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of The Happiness Project by...

Reviews

Thorough manual for ebook fans. it had been writtern quite properly and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Catherine Wehner

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch