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Better Than Before

By Gretchen Rubin

Random House USA Inc, United States, 2015. Paperback. Book Condition: New. 174 x 108 mm. Language: English . Brand New Book. New York Times Bestseller Washington Post Bestseller The author of the blockbuster New York Times bestsellers, *The Happiness Project* and *Happier at Home*, tackles the critical question: How do we change? Gretchen Rubin's answer: through habits. Habits are the invisible architecture of everyday life. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. So if habits are a key to change, then what we really need to know is: How do we change our habits? *Better than Before* answers that question. It presents a practical, concrete framework to allow readers to understand their habits?and to change them for good. Infused with Rubin's compelling voice, rigorous research, and easy humor, and packed with vivid stories of lives transformed, *Better than Before* explains the (sometimes counter-intuitive) core principles of habit formation. Along the way, Rubin uses herself as guinea pig, tests her theories on family and friends, and answers readers' most pressing questions?oddly, questions that other writers and researchers tend to ignore: ? Why do I...



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