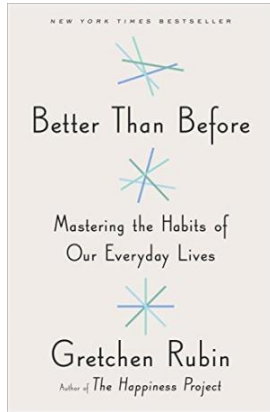


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Random House USA Inc, United States, 2015. Paperback. Book Condition: New. 174 x 108 mm. Language: English . Brand New Book. New York Times Bestseller Washington Post Bestseller The author of the blockbuster New York Times bestsellers, The Happiness 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...

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