

Better Than Before Mastering The Habits Of Our Everyday Lives
Gretchen Rubin

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Better Than Before Mastering The

In *Better Than Before*, Gretchen Rubin discusses habits as “the invisible architecture of daily life.” As life is made up of seconds, “how we schedule our days is how we spend our lives.” By choosing the habits we create, we consciously decide how we spend our lives.

Better Than Before: Mastering the Habits of Our Everyday Lives by Gretchen Rubin - Goodreads

Whether readers want to get more sleep, eat more healthfully, stop checking their phone, or finish a project, habits make change possible. Reading just a few chapters of *Better Than Before* will start readers working on their own habits—even before they’ve finished the book.

Better Than Before - Gretchen Rubin

“In *Better Than Before: Mastering the Habits of Our Everyday Lives*, Gretchen Rubin picks up where [William] James left off, integrating a wealth of insight from psychology, sociology, and anthropology in an illuminating field guide to harnessing the transformative power of habit in modern life.” —Brain Pickings “Change can be good.

Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life - Kindle edition by Gretchen Rubin. Self-Help Kindle eBooks @ Amazon.com.

Better Than Before is a gem, and the first habit you should form is reading a chapter every night.” —Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take* “Gretchen Rubin’s superpower is curiosity.

Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life: Gretchen Rubin: 9780385348638: Amazon.com: Books

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