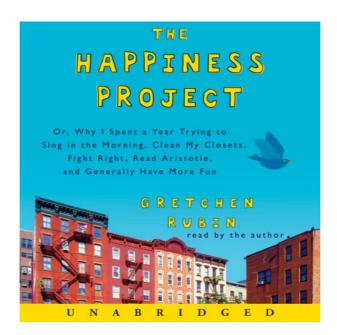
## F4E95 [Download] The Happiness Project





"This book made me happy in the first five pages." —AJ Jacobs, author of The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the bestselling 40 Ways to Look at Winston Churchill has produced a work that is "a cross between the Dalai Lama's The Art of Happiness and Elizabeth Gilbert's Eat, Pray, Love." (Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want) In the vein of Julie and Julia, The Happiness Project describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

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