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The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun

By Gretchen Rubin

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun, Gretchen Rubin, Gretchen Rubin had an epiphany. One rainy afternoon on a city bus, she realised that she wasn't as happy as she could be. In danger of wasting her days - always yearning for something more, waiting for problems to miraculously solve themselves - she realized her life wasn't going to change unless she did something about it. On January 1, she embarked on her Happiness Project, and each month she pursued a different set of resolutions: to get more sleep, quit nagging her husband, sing in the morning to her two young daughters, start a blog, imitate a spiritual master, keep a one-sentence journal. She immersed herself in everything from classical philosophy to contemporary psychology to see what worked for her-and what didn't. Illuminating yet entertaining, profound yet compulsively readable, "The Happiness Project" is one of the most thoughtful and prescriptive works on happiness to have emerged from the recent explosion of interest in the subject. Filled with practical advice, sharp insight,...



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