



The Happiness Project

By Gretchen Rubin

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What if you could change your life without really changing your life? On the outside, Gretchen Rubin had it all -- a good marriage, healthy children and a successful career -- but she knew something was missing. Determined to end that nagging feeling, she set out on a year-long quest to learn how to better enjoy the life she already had.

Each month, Gretchen pursued a different set of resolutions -- go to sleep earlier, tackle a nagging task, bring people together, take time to be silly -- along with dozens of other goals. She read everything from classical philosophy to cutting-edge scientific studies, from Winston Churchill to Oprah, developing her own definition of happiness and a plan for how to achieve it. She kept track of which resolutions worked and which didn't, sharing her stories and collecting those of others through her blog (created to fulfill one of March's resolutions). Bit by bit, she began to appreciate and amplify the happiness in her life.

The Happiness Project is the engaging, relatable and inspiring result of the author's twelve-month adventure in becoming a happier person. Written with a wicked sense of humour and sharp insight, Gretchen Rubin's story will inspire readers to embrace the pleasure in their lives and remind them how to have fun.

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Editorial Review

About the Author

I'm the author of the *New York Times* bestsellers "The Happiness Project," "Happier at Home" and "Better Than Before." I write about my experiences as I test-drive the wisdom of the ages, current scientific studies, and lessons from popular culture about happiness, habits, and human nature. My next book will hit the shelves in summer 2017: "The Four Tendencies: The Surprising Truth about the Four Hidden Personality Types That Drive Everything We Do."

Find out your Tendency—are you an Upholder, Questioner, Obliger, or Rebel?—when you take the free quiz at GretchenRubin.com.

Subscribe to my award-winning weekly podcast "Happier with Gretchen Rubin" (more than 1 million downloads each month) and hear my sister and I discuss strategies and tips for how to make your daily life happier. I also created an app to help people harness the power of the Four Tendencies. Learn more at BetterApp.us or search the app store for "Better Gretchen Rubin."

My previous books include a bestselling biography of Winston Churchill, "Forty Ways to Look at Winston Churchill," and one of John Kennedy, "Forty Ways to Look at JFK." My first book, "Power Money Fame S...: A User's Guide," is social criticism in the guise of a user's manual. I wrote "Profane Waste" in collaboration with artist Dana Hoey. I've also written three dreadful novels that are safely locked away in a drawer.

Before turning to writing, I had a career in law. A graduate of Yale and Yale Law School, I clerked for Justice Sandra Day O'Connor and was editor-in-chief of the Yale Law Journal. I live in New York City with my husband and two daughters.

Users Review

From reader reviews:

Tiara Garcia:

Book is to be different for every grade. Book for children till adult are different content. To be sure that book is very important normally. The book The Happiness Project had been making you to know about other information and of course you can take more information. It is quite advantages for you. The publication The Happiness Project is not only giving you a lot more new information but also for being your friend when you really feel bored. You can spend your spend time to read your publication. Try to make relationship with all the book The Happiness Project. You never experience lose out for everything if you read some books.

Spencer Fuentes:

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Estela Gillard:

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Laree Drummond:

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