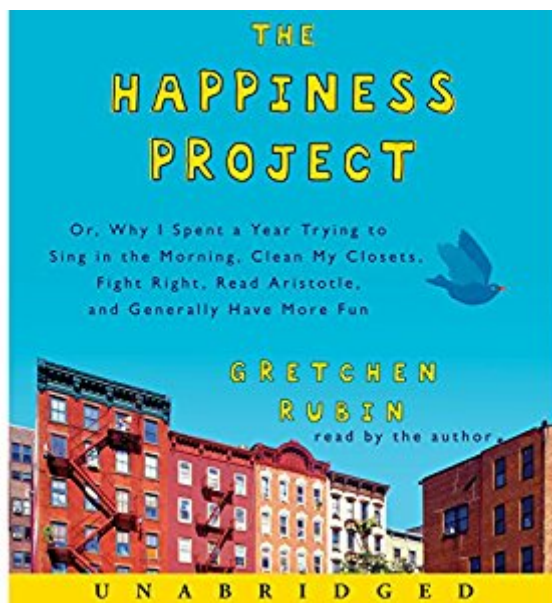


The book was found

# The Happiness Project



## Synopsis

Gretchen Rubin had an epiphany one rainy afternoon in the unlikeliest of places: a city bus. "The days are long, but the years are short," she realized. "Time is passing, and I'm not focusing enough on the things that really matter." In that moment, she decided to dedicate a year to her happiness project. In this lively and compelling account of that year, Rubin carves out her place alongside the authors of bestselling memoirs such as *Julie and Julia*, *The Year of Living Biblically*, and *Eat, Pray, Love*. With humor and insight, she chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Rubin didn't have the option to uproot herself, nor did she really want to; instead she focused on improving her life as it was. Each month she tackled a new set of resolutions: give proofs of love, ask for help, find more fun, keep a gratitude notebook, forget about results. She immersed herself in principles set forth by all manner of experts--from Epicurus to Thoreau to Oprah to Martin Seligman to the Dalai Lama--to see what worked for her ... and what didn't. Her conclusions are sometimes surprising: she finds that money can buy happiness, when spent wisely; that novelty and challenge are powerful sources of happiness; that "treating" yourself can make you feel worse; that venting bad feelings doesn't relieve them; that the very smallest of changes can make the biggest difference--and they range from the practical to the profound. Written and read with charm and wit, *The Happiness Project* is illuminating yet entertaining, thought-provoking yet compulsively readable. Gretchen Rubin's passion for her subject jumps off the page, and reading just a few chapters of this book will inspire you to start your own happiness project. As an added bonus, this recording includes a sampling of Gretchen's podcast, *Happier with Gretchen Rubin*. In this episode, "Choose the Bigger Life," Gretchen and her sister, Elizabeth Craft, discuss happiness, good habits, and whether Gretchen is going to get a dog. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

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## Customer Reviews

I liked this book as I am thinking of making my own self eval. Each year around my birthday i realize I am getting older. Lol what would a year focused on happiness look like? This book tells one woman's story.

The quirkiness of this twelve-month plan for a focus on happiness distinguishes it from other self-help books. It allows for a plan that can be modified to fit any individual. This is my second copy of the book--I loaned my first copy to someone else, and I wanted to go back to it so much that I decided to buy another one.

The Happiness Project is a great, different, take on how to try and achieve happiness in your life. A little voyeuristic, you are given a glimpse into Gretchen's year of daily tasks to make her life happier. If you want to do the same, she provides a template that you can use to attempt the same, not-so-easy task for yourself.

I really enjoyed this book. It was an easy read that was light hearted, but taught some great points for life!

Easy to read and well written. It's particularly wonderful to learn that many of what think are my shortcomings are just normal. I truly appreciate how Gretchen is able to notice, identify and articulate these \*normal\* behaviors and thought patterns. Her observations and learnings while deep are also simple to take on and weave into life. Also check out her podcast Happier.

I absolutely loved this book! While some of what Ms. Ruben writes about seems to be obvious, the practical application of the concepts is not always obvious in day to day life. The vulnerability with which the author writes was enough to bring me to tears several times while reading. (Tears only because I so thoroughly identified with her.) I have found myself silently referring back to this book

so many times over these last few post reading months that I have lost count. I have also now gifted this book to two friends and have recommended it to countless others. Thank you, Ms. Ruben, for this extraordinary life changing work!

I like reading this book and found many parts of it I could relate to. I will take many of the resolutions from it and try to incorporate them into my daily life.

I really love the concept I just didn't love the tangents. I wanted it to be more to the point with a few stories thrown in along the way.

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