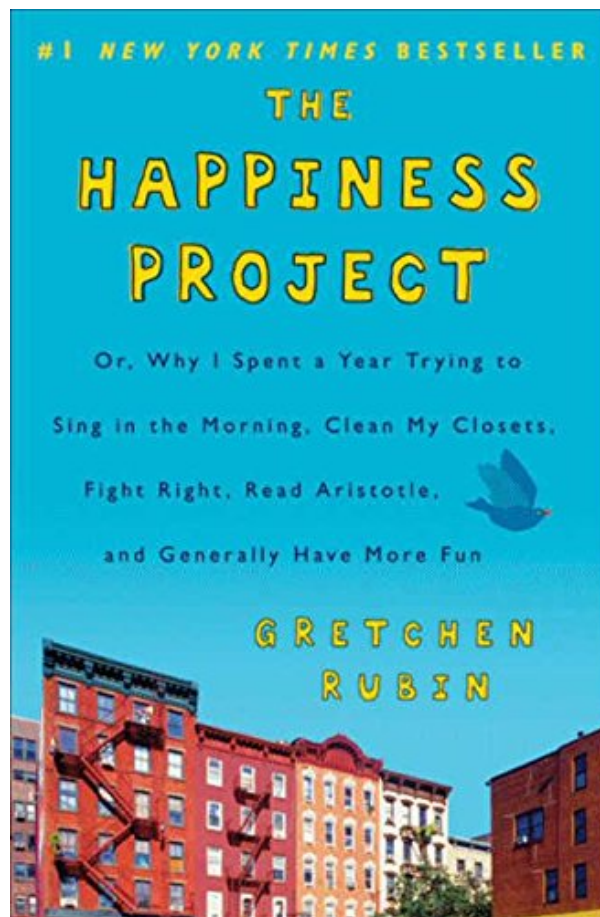


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GRETCHEN
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Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is “a 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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1 of 1 people found the following review helpful.

Not for everyone

By Anna

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.

1 of 1 people found the following review helpful.

... quirkiness of this twelve-month plan for a focus on happiness distinguishes it from other self-help books

By Carol Pulham

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.

1 of 1 people found the following review helpful.

A different take on how to be happier

By Mark

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.

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