

THE HAPPINESS PROJECT BY GRETCHEN RUBIN%0A

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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.

[The Happiness Project - Gretchen Rubin](#)

The Happiness Project synthesizes the wisdom of the ages with current scientific research, as Rubin brings readers along on her year to greater happiness. In fact, Rubin's happiness project no longer describes just a book or a blog; it's a movement.

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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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Determined to end that nagging feeling, Gretchen set out on a year-long quest, her own happiness project, 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.

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

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Times Bestseller Gretchen Rubin's year-long
**The Happiness Project ; Gretchen Rubin ;
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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

The Happiness Project Experience Dashboard

Connect with Others. Join the community to share what you're learning, ask questions, and connect with others who are also going through this course.

The Happiness Project with Gretchen Rubin at Happiness & Its Causes 2015

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