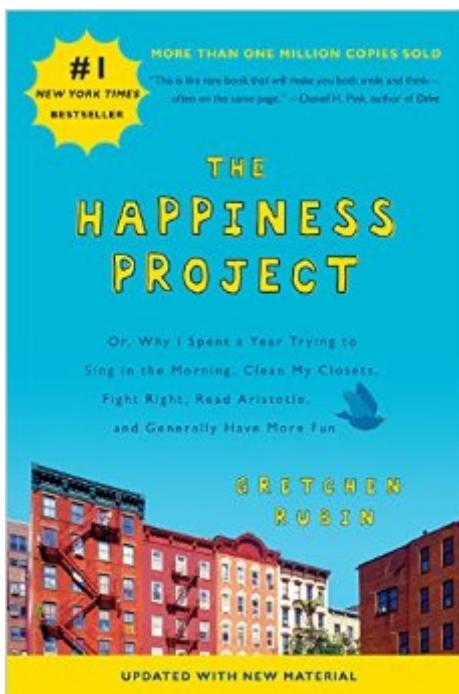


The book was found

The Happiness Project (Revised Edition): Or, Why I Spent A Year Trying To Sing In The Morning, Clean My Closets, Fight Right, Read Aristotle, And Generally Have More Fun



Synopsis

â œWonderful. . . . Rubin shows how you can be happier, starting right now, with small, actionable steps accessible to everyone.â • â "Julie Morgenstern, New York Times bestselling author of Organizing from the Inside OutGretchen Rubin had an epiphany one rainy afternoon in the unlikeliest of places: a city bus. â œThe days are long, but the years are short,â • she realized. â œTime is passing, and Iâ ™m not focusing enough on the things that really matter.â • In that moment, she decided to dedicate a year to her happiness project.In this lively and compelling accountâ "now updated with new material by the authorâ "Rubin 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. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.â œAn enlightening, laugh-aloud read.â •â "Christian Science MonitorThis updated edition includes:Â Â Â Â Â A new extensive interview with the authorÂ Â Â Â Â Secrets of AdulthoodÂ Â Â Â Â An excerpt from Gretchen Rubinâ ™s new book, Better Than Before: What I Learned About Making and Breaking Habitsâ "to Sleep More,Â Quit Sugar,Â Procrastinate Less,Â and Generally Build a Happier Life

Book Information

Paperback: 368 pages

Publisher: Harper Paperbacks; Revised ed. edition (December 29, 2015)

Language: English

ISBN-10: 0062414852

ISBN-13: 978-0062414854

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (1,408 customer reviews)

Best Sellers Rank: #2,470 in Books (See Top 100 in Books) #3 inÂ Books > Health, Fitness & Dieting > Reference #49 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness #148 inÂ Books > Self-Help > Personal Transformation

Customer Reviews

Would you read a book called "The Happiness Project" if the cover depicted a bored, skinny, highly connected multimillionare leisurely staring out of her Manhattan mansion from her bed, rereading

her favorite childhood books, fretting over her weight, gazing indifferently at her collection of bird memorabilia, and finding fault with her multimillionaire husband while a nanny watched her children and a housecleaner tidied her home? No you would not, and Harper Collins knows this, which is why the cover features humble tenements and handwritten script and omits any detail that would make you think she's not just an arty mom from Brooklyn looking to focus on the bright side of life. Who is she really? The way she tells it, she's a lawyer who boldly gave up a law career to pursue her passion, writing. She neglects to mention that this was not much of a risk given that she is married to the son of Robert Rubin, former Treasury Secretary under Clinton, Goldman Sachs and Citigroup guy who personally helped ensure that derivatives stayed unregulated, netting millions for himself and billions of taxpayer bailout for his companies. Once you know this, the story is unpalatable. Rubin and Harper Collins know this, and go to great lengths to maintain the ruse that Rubin is an everywoman, writing that she hesitates to purchase a \$2 pen, or a new blender, or new shirts. Yet how can she really write an honest happy project if she is not truthful? It is deceitful that she would say how tidying her home made her so much happier when you know that she has had a staff all along that can help her with just that.

I don't want to belittle anyone else's experience with this book, but for me these "happiness" ideas are concepts that have been rehashed over and over again in a zillion self-help books and articles. For example, her relationship epiphany seems to boil down to "you can't change your partner, you can only change yourself." Really? This fact somehow escaped her? Because it seems to me to be the point of pretty much every relationship article that has ever been written. In another essay, she wracks her brain to think of how on earth she might store all her children's cards, photos, and other paper goods. What to do? Stacks aren't working! Surely there must be some way of filing paper goods away in some kind of storage device...then it hits her: FILE BOXES! Are you freaking kidding me? How does someone get this far in life without having ever heard of organizing papers into files? There are other such oddities that make me wonder if this woman and I are living on the same planet, such as when she decides that collecting something might make her happy but can't think of anything to collect. Is it me? Does everyone else begin collections by consciously deciding that they need one, then having to try and think up something to collect? Maybe it is me. I just thought that sort of thing tends to happen more organically. These are just examples, I don't want to belabor the point by stating every single thing that made me roll my eyes throughout the book. There seemed to be something in every single chapter. She's really not a bad writer and has a nice conversational style, which makes it regrettable that she uses nearly one quarter of the book to

share anonymous comments that internet users have left on her blog.

[Download to continue reading...](#)

The Happiness Project (Revised Edition): Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight Loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Aristotle: Complete Works, Historical Background, and Modern Interpretation of Aristotle's Ideas (Annotated and Illustrated, Hyperlinked Footnotes and Navigation) (Annotated Classics) Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) A Comprehensive Guide to Project Management Schedule and Cost Control: Methods and Models for Managing the Project Lifecycle (FT Press Project Management) The Miracle Morning for Writers: How to Build a Writing Ritual That Increases Your Impact and Your Income (Before 8AM) (The Miracle Morning Book Series) Framed: Why Michael Skakel Spent Over a Decade in Prison For a Murder He Didn't Commit Law of Attraction: Unleash The Secret Power Within and Learn How To Manifest More Money, More Love, More Success, More Abundance In No Time: (Special Bonus: ... Money, Success, Happiness & Love,) What to Read When: The Books and Stories to Read with Your Child--and All the Best Times to Read Them Let's Measure It! Learn to Read, Math (Learn to Read, Read to Learn: Math) Revised An Introduction to Project Management, Fourth Edition : With Brief Guides to Microsoft Project 2013 and AtTask Likeable Social Media: How to Delight Your Customers, Create an Irresistible Brand, and Be Generally Amazing on Facebook (And Other Social Networks) Why Birds Sing: A Journey Into the Mystery of Bird Song Aprendiendo Carpinteria: Haga sus Closets usted mismo (Spanish Edition) Basements and Attics, Closets and Cyberspace: Explorations in Canadian Women's Archives (Life Writing) Queer in America: Sex, the Media, and the Closets of Power Thank You For Arguing, Revised and Updated Edition: What Aristotle, Lincoln, And Homer Simpson Can Teach Us About the Art of Persuasion Humphrey's Book of Fun Fun Fun

[Dmca](#)