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[The Happiness Project: Or, Why I Spent a Year Trying to ...](#)

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*. *The Happiness Project*, Book by Gretchen Rubin (Paperback ...

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.

[The Happiness Project: Gretchen Rubin:](#)

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[The Happiness Project by Gretchen Rubin - Goodreads](#)
I enjoyed the audio book of *The Happiness Project*. I always like when authors narrate their own books, and Gretchen Rubin did a nice job with the audio. I listened to the book fairly quickly, it only took me 2 days. On the parts that related to my life, I can give an awesome 4-5 star rating to. Unfortunately, a lot of the book had to do with parenting and other things (not just ones own).

[Gretchen Rubin \(@gretchenrubin\) | Twitter](#)

The latest Tweets from Gretchen Rubin (@gretchenrubin).

Author: *The Happiness Project*, *The Four Tendencies & more*, *#HappierPodcast* co-host. Take my quiz to see if you're an Upholder, Questioner, Obliger, or Rebel. New York City.

[The Happiness Project - Gretchen Rubin - eBook](#)

The Happiness Project Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun by Gretchen Rubin

[The Happiness Project by Gretchen Rubin. - Barnes & Noble](#)

Award-winning author Gretchen Rubin is back with a

bang, with The Happiness Project. Simple, but very hard to put into practice. Rubin makes the point that "happiness" is subjective and that each of us needs to decide what it means to us. Having done that, her message is that we can engage in concrete activities and behaviors that will increase the happiness in our lives. She moves

The The bhappiness appiness pprojectrojectTT - Gretchen Rubin

The core of a happiness project is to identify elements of your life that you want to change find concrete, measurable resolutions that, if kept, will help you bring about that change

Gretchen Rubin

Want more happiness and good habits? I have a newsletter for that!

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