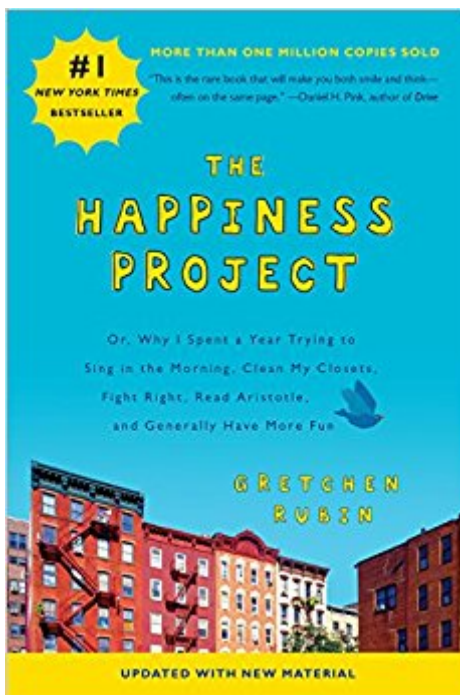


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# The Happiness Project (Revised Edition): Or, Why I Spent A Year Trying To Sing In The Morning, Clean My Closets, Fight Right, Read Aristotle, And Generally Have More Fun



## Synopsis

• "This book made me happy in the first five pages." • AJ Jacobs, author of *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible* 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.

## Book Information

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## Customer Reviews

Starred Review. Rubin is not an unhappy woman: she has a loving husband, two great kids and a writing career in New York City. Still, she could-and, arguably, should-be happier. Thus, her methodical (and bizarre) happiness project: spend one year achieving careful, measurable goals in different areas of life (marriage, work, parenting, self-fulfillment) and build on them cumulatively, using concrete steps (such as, in January, going to bed earlier, exercising better, getting organized, and "acting more energetic"). By December, she's striving bemusedly to keep increasing happiness in every aspect of her life. The outcome is good, not perfect (in accordance with one of her "Secrets of Adulthood": "Don't let the perfect be the enemy of the good"), but Rubin's funny, perceptive

account is both inspirational and forgiving, and sprinkled with just enough wise tips, concrete advice and timely research (including all those other recent books on happiness) to qualify as self-help. Defying self-help expectations, however, Rubin writes with keen senses of self and narrative, balancing the personal and the universal with a light touch. Rubin's project makes curiously compulsive reading, which is enough to make any reader happy. --This text refers to the Audio CD edition.

• An enlightening, laugh-aloud read. . . . Filled with open, honest glimpses into [Rubin's] real life, woven together with constant doses of humor. • (Terry Hong, Christian Science Monitor) • For those who generally loathe the self-help genre, Rubin's book is a breath of peppermint-scented air. Well-researched and sharply written. . . . Rubin takes an orderly, methodical approach to forging her own path to a happier state of mind. • (Kim Crow, Cleveland Plain Dealer) • Practical and never preachy . . . the rare self-help tome that doesn't feel shameful to read. • (Daily Beast) • Packed with fascinating facts about the science of happiness and rich examples of how she improves her life through changes small and big The Happiness Project made me happier by just reading it. • (Amy Scribner, Bookpage)

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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