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I decided to read The Happiness Project by Gretchen Rubin and found it to be overall pleasing. In this book, Rubin records her yearlong pursuit to figure out what phases one can take to raise happiness.

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Das Happiness Projekt Oder Wie ich ein Jahr damit

Das Happiness-Projekt: Oder: Wie ich ein Jahr damit verbrachte, mich um meine Freunde zu kümmern, den Kleiderschrank auszumisten, Philosophen zu lesen und überhaupt mehr Freude am Leben zu haben Gebundenes Buch 1.

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Gretchen Rubin Wikipedia

Rubin is a writer on subjects of habits, happiness, and human nature. She is the author of the New York Times bestsellers Better Than Before, Happier at Home, and The Happiness Project. Rubin's books have sold more than two million print and online copies worldwide in over thirty languages.

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What is happiness and how can we bring more of it into our lives? Gretchen Rubin asked herself this question because although she fulfilled all the prerequisites for a happy life an intact family, a good job and enough money for a rainy day she found herself frequently unhappy.

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