THE HAPPINESS PROJECT GRETCHEN



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Gretchen Rubin had an epiphany one rainy afternoon in the unlikeliest of places: a city bus. The days are long, but the years are short, she realized. Time is passing, and I m not focusing enough on the things that really matter. In that moment, she decided to dedicate a year to her happiness project.

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The Happiness Project has 116,945 ratings and 11,273 reviews. Laura said: I don t know which is stranger that people like this book, or that it was wri

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The Happiness Project has been a blockbuster bestseller. It spent more than two years on the New York Times bestseller list, including hitting #1, has sold more than 1.5 million copies, and has been published in more than thirty languages. Download a sample chapter of The Happiness Project here.

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(Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want) In the vein of Julia 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.

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Das Happiness Projekt Oder Wie ich ein Jahr damit

Ich habe das Happiness Projekt gelesen und ich finde es regt zum Nachdenken an. Das Buch ist ein pers nlicher Bericht und kein Schritt-f r-Schritt Ratgeber. Ich finde es etwas unfair das Leben der Autorin zu bewerten und das Buch dementsprechend abzuwerten.

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The Happiness Project with Gretchen Rubin at Happiness Its Causes 2015

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