



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

Gretchen Rubin

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“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.

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