



Better Than Before: Mastering the Habits of Our Everyday Lives

By Rubin, Gretchen.

Crown/BOMC. 1 Cloth(s), 2015. hard. Book Condition: New. The author of *The Happiness Project* and *Happier at Home* here tackles the most essential question of taking charge of your own happiness: How do we change? The answer, says Gretchen Rubin, is through creating new habits. Infused with her engaging voice, rigorous research, and easy humor, as well as vivid stories of lives transformed, the book explains the (sometimes counterintuitive) core principles of habit formation within a practical, concrete framework that allows readers to understand their habits and to change them for good. "Filled with insights about our patterns of behavior. In a way that's thought-provoking, surprising, and often funny, Gretchen Rubin provides us with the tools to build a life that truly reflects our goals and values." Arianna Huffington 299.



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