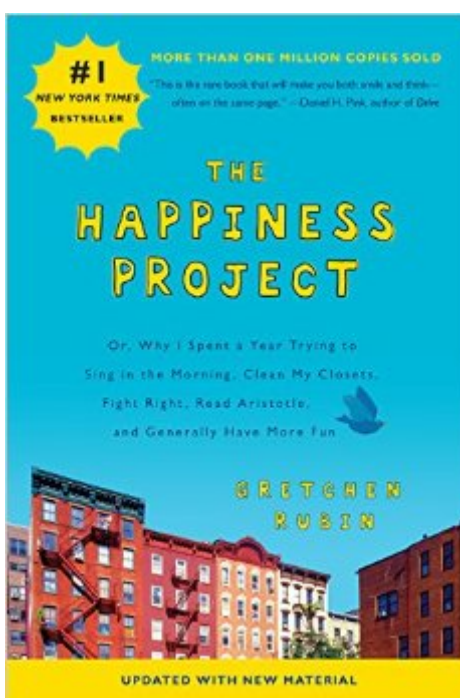


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# The Happiness Project (Revised Edition): Or, Why I Spent A Year Trying To Sing In The Morning, Clean My Closets, Fight Right, Read Aristotle, And Generally Have More Fun



## Synopsis

“Wonderful. . . . Rubin shows how you can be happier, starting right now, with small, actionable steps accessible to everyone.” —Julie Morgenstern, New York Times bestselling author of *Organizing from the Inside Out*

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. In this lively and compelling account—now updated with new material by the author—Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference. “An enlightening, laugh-aloud read.” —*Christian Science Monitor*

This updated edition includes:

- A new extensive interview with the author
- *Secrets of Adulthood*
- An excerpt from Gretchen Rubin’s new book, *Better Than Before: What I Learned About Making and Breaking Habits*
- “to Sleep More,” *Quit Sugar*, *Procrastinate Less*, and *Generally Build a Happier Life*

## Book Information

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## Customer Reviews

Would you read a book called "The Happiness Project" if the cover depicted a bored, skinny, highly connected multimillionaire leisurely staring out of her Manhattan mansion from her bed, rereading

her favorite childhood books, fretting over her weight, gazing indifferently at her collection of bird memorabilia, and finding fault with her multimillionaire husband while a nanny watched her children and a housecleaner tidied her home? No you would not, and Harper Collins knows this, which is why the cover features humble tenements and handwritten script and omits any detail that would make you think she's not just an arty mom from Brooklyn looking to focus on the bright side of life. Who is she really? The way she tells it, she's a lawyer who boldly gave up a law career to pursue her passion, writing. She neglects to mention that this was not much of a risk given that she is married to the son of Robert Rubin, former Treasury Secretary under Clinton, Goldman Sachs and Citigroup guy who personally helped ensure that derivatives stayed unregulated, netting millions for himself and billions of taxpayer bailout for his companies. Once you know this, the story is unpalatable. Rubin and Harper Collins know this, and go to great lengths to maintain the ruse that Rubin is an everywoman, writing that she hesitates to purchase a \$2 pen, or a new blender, or new shirts. Yet how can she really write an honest happy project if she is not truthful? It is deceitful that she would say how tidying her home made her so much happier when you know that she has had a staff all along that can help her with just that.

I don't want to belittle anyone else's experience with this book, but for me these "happiness" ideas are concepts that have been rehashed over and over again in a zillion self-help books and articles. For example, her relationship epiphany seems to boil down to "you can't change your partner, you can only change yourself." Really? This fact somehow escaped her? Because it seems to me to be the point of pretty much every relationship article that has ever been written. In another essay, she wracks her brain to think of how on earth she might store all her children's cards, photos, and other paper goods. What to do? Stacks aren't working! Surely there must be some way of filing paper goods away in some kind of storage device...then it hits her: FILE BOXES! Are you freaking kidding me? How does someone get this far in life without having ever heard of organizing papers into files? There are other such oddities that make me wonder if this woman and I are living on the same planet, such as when she decides that collecting something might make her happy but can't think of anything to collect. Is it me? Does everyone else begin collections by consciously deciding that they need one, then having to try and think up something to collect? Maybe it is me. I just thought that sort of thing tends to happen more organically. These are just examples, I don't want to belabor the point by stating every single thing that made me roll my eyes throughout the book. There seemed to be something in every single chapter. She's really not a bad writer and has a nice conversational style, which makes it regrettable that she uses nearly one quarter of the book to

share anonymous comments that internet users have left on her blog.

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