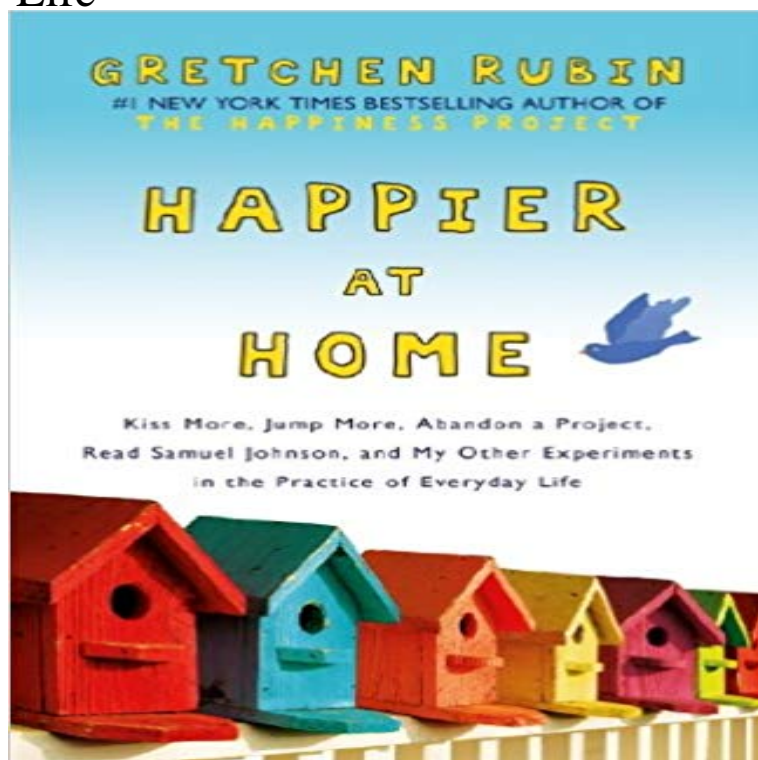


Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life



In the spirit of the #1 New York Times bestseller *The Happiness Project*, Gretchen Rubin embarks on a new project to make home a happier place. In *The Happiness Project*, she worked out general theories of happiness. Here she goes deeper on factors that matter for home, such as possessions, marriage, time and parenthood. How can she control the cubicle in her pocket? How might she spotlight her family's treasured possessions? And it really was time to replace that dud toaster. And what does she want from her home? A place that calms her, and energises her. A place that, by making her feel safe, will free her to take risks. Also, while Rubin wants to be happier at home, she wants to appreciate how much happiness is there already. So, starting in September (the new January), Rubin dedicates a school year - September through May - to making her home a place of greater simplicity, comfort and love. Each month, Rubin tackles a different theme as she experiments with concrete, manageable resolutions - and this time, she coaxes her family to try some resolutions, as well. With her signature blend of memoir, science, philosophy and experimentation, Rubins passion for her subject jumps off the page, and reading just a few chapters of this book will inspire readers to find more happiness in their own lives.

Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Happier at home [electronic resource (EPUB eBook)] : kiss more, jump more, abandon a project, read Samuel Johnson, and my other experiments in the practice of everyday life / Gretchen Rubin. This book is Gretchens account of her second Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life Kindle Edition. Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life by Gretchen Editorial Reviews. Review. Gretchen Rubin has done it again. Her new book, Happier at Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life - Kindle edition by Gretchen Rubin. Download it once and read it on your Kindle Results 1 - 20 of 21 Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel and My Other Experiments in the Practice of Everyday Life. Best books like Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson,

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