"Every Day Needs A Party."
happy. Two things though have made me happier. One was meeting my wife and building a partnership and a business together with her. We do everything together. What a bummer it is to have a travel or do things alone. The second is becoming myself in my forties, figuring out that the person I really have to please and be in life, is me.

**Have you ever been surprised that something you expected would make you very happy, didn’t—or vice versa?**

Yes of course, any material purchase I made. I end up feeling guilty.
The Happiness Project synthesizes the wisdom of the ages with current scientific research, as Rubin brings readers along on her year to greater happiness. In fact, Rubin’s “happiness project” no longer describes just a book or a blog; it’s a movement. Happiness Project groups, where people meet to discuss their happiness projects, have sprung up across the country and across the world. Rights have been sold in more than 35 countries. The Happiness Project is Gretchen Rubin’s one year experiment on becoming a happier woman with simple daily action and without crazy changes such as quitting jobs, moving to another continent or giving up all material possessions. Contents. Bullet Summary. I loved The Happiness Project. I wasn’t thinking I could ever give 5 stars to a book that seemed very light and doesn’t set out to improve you or teach you anything. But it didn’t matter what it sets out to do: it did improve me and it did teach me a lot. The Happiness Project book. Read 12,697 reviews from the world’s largest community for readers. Gretchen Rubin had an epiphany one rainy afternoon in the... Start by marking 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 as Want to Read: Want to Read saving… Want to Read. * Are you reading The Happiness Project in your book group? Email me at gretchenrubin1@gretchenrubin.com if you’d like the 1-page discussion guide. Or if you’re reading it in your spirituality book group, Bible study group, or the like, email me at gretchenrubin1@gretchenrubin.com for the 1-page spirituality discussion guide. The Happiness Project. Mental health service. Cookie Duster. The Happiness Project. 10 April. This little album I made a decade ago is still out there, carried by migrating birds from country to country and dropped quietly into curious people’s outstretched arms.