

the Happiness Project

[THE HAPPINESS PROJECT](#) is the memoir of the year I spent test-driving the wisdom of the ages, current scientific studies, and lessons from popular culture about how to be happier – happily, it was a [#1 New York Times bestseller](#). As one of the hundreds of experiments I've conducted, I started this blog. Here, I recount my daily adventures in pursuit of happiness. –

GRETCHEN RUBIN

"Every Day Needs A Party."

Happiness interview: [Richard Florida](#).

I'm a big fan of the writing of Richard Florida. I first got to know his work when I read [The Rise of the Creative Class: And How It's Transforming Work, Leisure, Community, and Everyday Life](#), which started me thinking about work, time, and place in very different ways. In the same way, [Who's Your City?: How the Creative Economy Is Making Where to Live the Most Important Decision of Your Life](#) really made me think about place in a new way (and made me even more grateful to live in New York City).



Much of his work is about happiness—how to find the work, location, and situation that's most likely to suit you and allow you to be as happy as you can be. I was very interested to hear how he thought about happiness, himself.

Is there anything you find yourself doing repeatedly that gets in the way of your happiness?

Yes, what I am doing right now. Not your questions, I actually enjoy answering them but sitting down behind my keyboard. I do it for hours and hours every day. It gets in the way of me being more physically active and enjoying people and the world outside.

Is there a happiness mantra or motto that you've found very helpful? (e.g., I remind myself to "Be Gretchen.")

Yes, every day needs a party. My wife Rana and I have one every single day in our own way, making dinner, drinking wine, watching a movie, going for a walk, hanging out with family or friends. One way or another we find a way to make a party each and every single day.

Have you always felt about the same level of happiness, or have you been through a period when you felt exceptionally happy or unhappy—if so, why? ?

I've always been happy. Almost every day of my life. I simply cannot remember not being

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 doesn'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.