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# Summary Of The Happiness Project By Gretchen Rubin | Includes Analysis



## Synopsis

Summary of The Happiness Project by Gretchen Rubin | Includes Analysis Preview: The Happiness Project by Gretchen Rubin is a memoir of the author's year-long experiment to see if she could maximize her happiness. Rubin had plenty of reasons to be satisfied with her life. She was married to the love of her life and the mother of two children. She had transitioned from law to a fulfilling writing career. Yet one afternoon while riding on a public bus, she had a sudden awareness of how quickly life passes. Afraid that she might wake up one day and feel like she wasted her life, Rubin asked herself: What do I really want? The answer was simple: to be happy. Although she had a wonderful life, she also had a strong sense that she could be happier. Rubin didn't want to do anything drastic, like leave her family or go on an overseas sabbatical. Instead, she decided to dedicate 12 months to increasing her own.... Please note: This is key takeaways and analysis of the book and not the original book. Inside this Instaread Summary of The Happiness Project: Overview of the Book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes.

## Book Information

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## Customer Reviews

No wise men or women would ever have thought that one day Kloe Kardashian and the revered Zen master Thich Nhat Hanh would be mentioned in the same book to help with the analysis of the same topic. Along comes this book titled "The Happiness Project" which uses Kloe Kardashian to show that happiness sometimes means letting go of trying to change others and Thich Nhat Hanh for his wisdom on preventing anger from getting in the way of one's happiness. It is interesting

because being authentic is also mentioned in this summary book as one of the best ways to feel happy. Some readers might be thinking how could two personalities be any more different in terms of this characteristic, but let us digress. The summary is fantastic in that it covers all of the key points of "The Happiness Project" from embracing one's unique self to having a positive outlook to being spontaneous once in a while to being happy for oneself and others. The analyses for the key takeaways are just right, using almost all the right examples for the right points. The recap at the beginning of how the author Gretchen Rubin started and carried out her happiness project month by month is especially drawing attention to the topic and the key points. Read it and build your happy self.

This title intrigued me. I've sort of gone off bloggers who spend a year cooking like Julia Child, or composting everything in their New York apartment and not using toilet paper in an effort to save the planet and gain a book deal. So I viewed this new title "The Happiness Project" by Gretchen Rubin with as just another one of those, get a book deal books. Which is why I was happy to get this Instaread summary. Gretchen Rubin apparently already has a lot to be happy about. A good education, a lovely family, and a successful career, but apparently she decided that life was passing all too soon, and maybe should squeeze a bit more happy out of it before it's all over. She spent a year trying to become more happy. Each month, beginning in January, she selected something to improve, like criticizing her husband less, (I'm certain that made him happy), and finding more joy in the every day things we all do. I was intrigued by that and appreciated the key takeaways that cover what she discovered each month. It was a thoughtful experiment that impressed me for what it can do to change a person's attitude. It really is true, for many things, you do have a choice on how you respond or frame a situation. It is certainly worthwhile to take the time to look at well worn behavior responses with fresh eyes. I was given this Instaread in exchange for an unbiased review. I recommend it by itself or as a reading companion to the full book.

"The Happiness Project" by Gretchen Rubin is a memoir of the author's year-long experiment to see if she could maximize her happiness. Rubin had plenty of reasons to be satisfied with her life. She was married to the love of her life and the mother of two children. She had transitioned from law to a fulfilling writing career. Yet one afternoon while riding on a public bus, she had a sudden awareness of how quickly life passes. Afraid that she might wake up one day and feel like she wasted her life, Rubin asked herself how to become happy. Instaread summarizes this non-fiction exploration of happiness and condenses Rubin's findings. Instaread turns this NYT Bestseller into 9 short

chapters and key points. These takeaways range from what it takes to be happy, how to understand negativity bias, why selflessness is important, and why personal growth matters. I especially liked reading about why predictability and stability are wanted, but don't produce happiness. In order to really be happy, we need an element of surprise. I was given a copy of this book to review.

Wow. I would consider myself one of the happiest people you will meet. I just love to be happy! My kids accuse me of being elf from the movie elf! So reading a book on how to be happy seemed like something I could not learn much from. However, I liked how the book broke up this author's approach to learning to be happier over the course of the year. Each month she tackled a new area of happiness. This allowed both her and the reader the chance to uncover a corner of their life that they may have swept under the rug. All in all I think that this Instasummary that was sent to me in exchange for an honest review was a great read. I loved the concept, I loved the format of the book/summary. I just thought it was awesome. In fact, I am thinking about making the book the focus of one of the therapy groups I do with suicidal patients. How cool is that?!!

This book has great ideas! I love reading books that discuss ways to improve the quality of life. This summary is well written. It grabbed my attention, and I feel inspired to try the author's ideas on how to achieve happiness. The summary includes a quick overview of the book and a list and analysis of nine key takeaways that highlight the main points of the book. One of my favorite quotes from the book was "Act the way I want to feel." It is a simple idea, but when I have put this type of attitude into practice in my own life, it has made a world of difference. I enjoyed reading this book and I recommend it. I received a copy of this book in exchange for a review.

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