

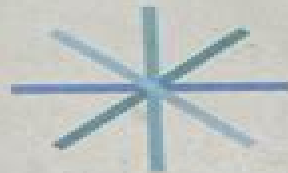
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Better Than Before



Mastering the Habits of
Our Everyday Lives



Gretchen Rubin

"A force for real change." —BRENE BROWN

Better Than Before Mastering The Habits Of Our Everyday Lives

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Better Than Before Mastering The Habits Of Our Everyday Lives:

Better Than Before Gretchen Rubin, 2015-03-17 NEW YORK TIMES BESTSELLER The author of The Happiness Project and a force for real change Bren Brown examines how changing our habits can change our lives If anyone can help us stop procrastinating start exercising or get organized it s Gretchen Rubin The happiness guru takes a sledgehammer to old fashioned notions about change Parade Most of us have a habit we d like to change and there s no shortage of expert advice But as we all know from tough experience no magic one size fits all solution exists It takes work to make a habit but once that habit is set we can harness the energy of habits to build happier stronger more productive lives In **Better Than Before** acclaimed writer Gretchen Rubin identifies every approach that actually works She presents a practical concrete framework to allow readers to understand their habits and to change them for good Infused with Rubin s compelling voice rigorous research and easy humor and packed with vivid stories of lives transformed **Better Than Before** explains the sometimes counterintuitive core principles of habit formation and answers the most perplexing questions about habits Why do we find it tough to create a habit for something we love to do How can we keep our healthy habits when we re surrounded by temptations How can we help someone else change a habit Rubin reveals the true secret to habit change first we must know ourselves When we shape our habits to suit ourselves we can find success even if we ve failed before Whether you want to eat more healthfully stop checking devices or finish a project the invaluable ideas in **Better Than Before** will start you working on your own habits even before you ve finished the book

Better Than Before Gretchen Rubin, 2015-12-15 New York Times Bestseller Washington Post Bestseller The author of the blockbuster New York Times bestsellers The Happiness Project and Happier at Home tackles the critical question How do we change Habits are the invisible architecture of our lives Rubin provides an analytical and scientific framework from which to understand these habits as well as change them for good Infused with her compelling voice and funny stories she illustrates the core principles of habit formation with dozens of strategies that she tests out on herself and others In doing so she discovers answers to questions such as At times I ve picked up a habit overnight but other times it s taken years to develop Why Why do some people resist habits while others adopt them eagerly I want to help my child spouse colleagues make a change What can I do Why do I resist other people s advice on how to change even if I think they are right How do I make good habits convenient and easy Rubin provides tools to help readers better understand themselves and presents a clear practical menu of strategies so readers can take an individualized approach She tackles each strategy herself and in doing so shows us the importance of knowing ourselves and our own habit tendencies Armed with self knowledge we can pursue the habits in ways that will truly work for us not against us Going to the gym can be as easy effortless and automatic as putting on a seatbelt We can file expense reports take time for fun or pass up that piece of carrot cake without having to decide With foundation of good habits we can build a life that reflects our values and goals

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