



Better Than Before Mastering the Habits of Our Everyday Lives

By Gretchen Rubin

Random House Audio. No binding. Condition: New. From the author of the blockbuster New York Times bestsellers *The Happiness Project* and *Happier at Home* comes a book that tackles the question: How do we make good habits that are easy, effortless, and automatic? 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...



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