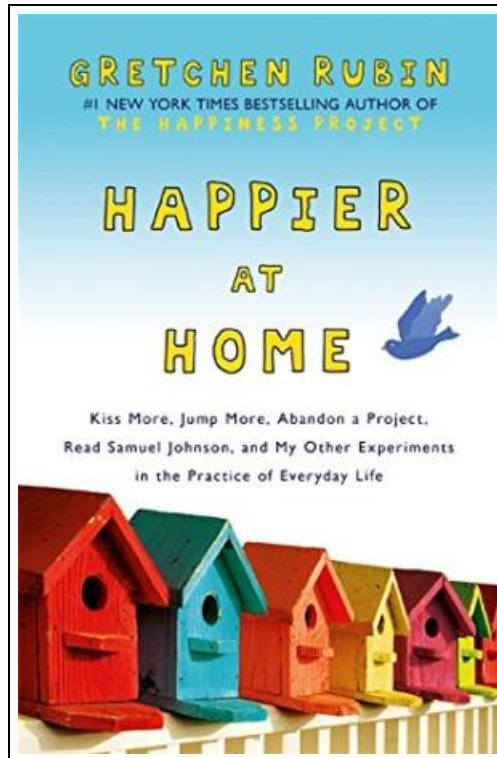


Happier at Home: Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life (Paperback)



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Reviews




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(Prof. Leonardo Parker)

HAPPIER AT HOME: KISS MORE, JUMP MORE, ABANDON A PROJECT, READ SAMUEL JOHNSON, AND MY OTHER EXPERIMENTS IN THE PRACTICE OF EVERYDAY LIFE (PAPERBACK)



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Hodder Stoughton General Division, United Kingdom, 2013. Paperback. Condition: New. ungek. Ausg.. Language: English . Brand New Book. In The Happiness Project, she worked out general theories of happiness. Here she goes deeper on factors that matter for home, such as possessions, marriage, time and parenthood. How can she control the cubicle in her pocket? How might she spotlight her family s treasured possessions? And it really was time to replace that dud toaster.And what does she want from her home? A place that calms her, and energises her. A place that, by making her feel safe, will free her to take risks. Also, while Rubin wants to be happier at home, she wants to appreciate how much happiness is there already.So, starting in September (the new January), Rubin dedicates a school year - September through May - to making her home a place of greater simplicity, comfort and love. Each month, Rubin tackles a different theme as she experiments with concrete, manageable resolutions - and this time, she coaxes her family to try some resolutions, as well. With her signature blend of memoir, science, philosophy and experimentation, Rubin s passion for her subject jumps off the page, and reading just a few chapters of this book will inspire readers to find more happiness in their own lives.

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