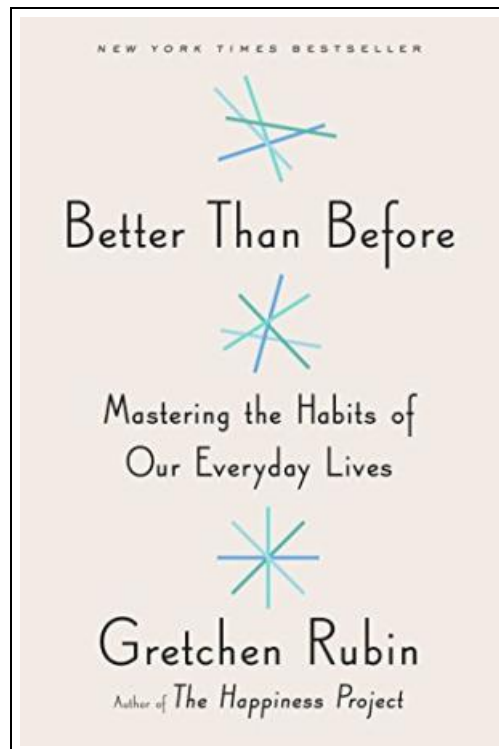


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Thorndike Press Large Print, United States, 2015. Hardback. Book Condition: New. large type edition. 216 x 142 mm. Language: English . Brand New Book. When we change our habits, we change our lives. Gretchen Rubin, author of the blockbuster New York Times bestsellers, *The Happiness Project* and *Happier at Home*, has helped millions of readers to get happier. Now she tackles the critical question: How can we make good habits and break bad ones? In a book that's crammed with big, provocative ideas, Rubin shows readers how to create the habits that will transform their lives, even if they've failed before. The secret, Rubin explains, is to pinpoint the specific strategies that will work for us. From finding the right time to begin a new habit, to setting up a counter-intuitive system of reward, to using the pleasure of treats to strengthen our good habits - Rubin identifies the 21 strategies that will allow every reader to find an effective, individual fit. Along the way, Rubin uses herself as guinea pig, tests her theories on family and friends, and answers readers' most pressing questions—oddly, questions that other writers and researchers tend to ignore: \* Why do I find it tough to create a habit for something I love to do? \* Sometimes I can change a habit overnight, and sometimes I can't change a habit, no matter how hard I try. Why? \* How quickly can I change a habit? How can I get myself to stick to a new habit? \* I want to help someone else make a change. But how? \* Why can I make time for everyone else, but can't make time for myself? Whether readers want to get more sleep, make and maintain a weight loss, stop checking their phone, or finish a...



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