



his is the rare book that will make you both smile and think—
often on the same page." —Daniel H. Pink, author of *Drive*

THE HAPPINESS PROJECT

Or, Why I Spent a Year Trying to
Sing in the Morning, Clean My Closets,
Fight Right, Read Aristotle,
and Generally Have More Fun



GRETCHEN
RUBIN



START YOUR OWN HAPPINESS PROJECT—GUIDE INSIDE

THE HAPPINESS PROJECT MANIFESTO

- To be happy, you need to consider feeling good, feeling bad, and feeling right, in an atmosphere of growth.
- One of the best ways to make *yourself* happy is to make *other people* happy; one of the best ways to make other people happy is to be happy *yourself*.
- The days are long, but the years are short.
- You're not happy unless you think you're happy.
- Your body matters.
- Happiness is other people.
- Think about yourself so you can forget yourself.
- "It is easy to be heavy: hard to be light." —G. K. Chesterton
- What's fun for other people may not be fun for you, and vice versa.
- Best is good, better is best.
- Outer order contributes to inner calm.
- Happiness comes not from having more, not from having less, but from wanting what you have.
- You can choose what you *do*, but you can't choose what you *like* to do.
- "There is no duty we so much underrate as the duty of being happy." —Robert Louis Stevenson
- You manage what you measure.
- Loving actions inspire loving feelings.
- The opposite of a great truth is also true.