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BETTER THAN BEFORE: MASTERING THE HABITS OF OUR EVERYDAY LIVES (HARDBACK)



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...

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- Authored by Gretchen Rubin
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