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The Happiness Project synthesizes the wisdom of the ages with current scientific research, as Rubin brings readers along on her year to greater happiness. In fact, Rubin's "happiness project" no longer describes just a book or a blog; it's a movement.

The Happiness Project - Gretchen Rubin

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Project Happiness

It is at the heart of human mystery - and to unravel this mystery is what the happiness project is all about. So the straightforward

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five word conclusion as per the book is: Happiness is love. Full stop. We will always – and always – be bombarded with bittersweet instances of varied shades of happiness. You see, it is still happiness.

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I'm the author of the New York Times bestsellers "The Happiness Project," "Happier at Home" and "Better Than Before." I write about my experiences as I test-drive the wisdom of the ages, current scientific studies, and lessons from popular culture about happiness, habits, and human nature.

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