

Better Than Before A Day By Day Journal

"You're going to die," the doctor said. But Canadian author Martin Avery laughed and walked away. Fall Down Nine Times, Get Up Ten tells the story of a man who was told he would never work or walk again, in Canada, but lived to get a better diagnosis of "jing-chi-shen" in China. Chris Baty, motivator extraordinaire and instigator of a wildly successful writing revolution, spells out the secrets of writing—and finishing—a novel. Every fall, thousands of people sign up for National Novel Writing Month (NaNoWriMo), which Baty founded, determined to (a) write that novel or (b) finish that novel in—kid you not—30 days. Now Baty puts pen to paper himself to share the secrets of success. With week-specific overviews, pep "talks," and essential survival tips for today's word warriors, this results-oriented, quick-fix strategy is perfect for people who want to nurture their inner artist and then hit print! Anecdotes and success stories from NaNoWriMo winners will inspire writers from the heralding you-can-do-it trumpet blasts of day one to the champagne toasts of day thirty. Whether it's a resource for those taking part in the official NaNo WriMo event, or a stand-alone handbook for writing to come, No Plot? No Problem! is the ultimate guide for would-be writers (or those with writer's block) to cultivate their creative selves.

Something of great significance has just arrived on earth, and it is past due. Just as thirty-six-year old graphic designer Trevin Lambrose decides he needs much more from his unfulfilling life, he unexpectedly becomes the first to witness a shimmering anomaly. Suddenly, his head is filled with happy memories of childhood parties, good friends, and unconditional love. As the anomaly quietly disappears, Trevin has no idea he is slowly inching closer to a truth that will shake the entire world. He is already dealing with the stress of living in Chicago, away from family during a crushing recession, strife besieging the planet. Open to change of every kind, Trevin seeks solace and understanding from his new enigmatic and nostalgic girlfriend, Constance Summerlin, as he questions why he is unexpectedly turning to his memories for comfort. He is desperate for something anything to take his worries away. But when a violent impetus sets Trevin on a visit to reconnect with his past, he soon realizes that Constance is his saving grace. In this poignant tale, Trevin is about to open a new chapter on humanity that reveals a monumental truth. The future always embraces the past.

The moment you accept Jesus as the Lord over your life, you are redeemed. As the redeemed, we experience a lifelong journey of being transformed into His image. As redeemed women, we grow in the grace of Christ, and He calls us to extend grace to others. In this 7-session Bible study, Angela Thomas-Pharr explores the practical side of redemption, inviting us to lean upon Jesus for our real help and hope. Features: Leader helps to guide questions and discussions within small groups 6 personal study segments with homework to complete between 7 weeks of group sessions "40 Days of Prayer" section to help women practically apply the concept of ongoing redemption to their lives Benefits: Desire to fully live the life of the redeemed Welcome change as God slowly transforms you into His image Increase your passion for God's Word Apply redemption to your life in practical ways Learn alongside other women and support each other through prayer and small group community Learn to lean upon Jesus for your real help and hope

A Love Story by Way of New York

Fall Down Nine Times, Get Up Ten

Frank Leslie's Sunday Magazine

Daily Greens 4-Day Cleanse

A Low-Stress, High-Velocity Guide to Writing a Novel in 30 Days

"You're Getting Better Every Day"

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

What will you do today? Sometimes we get stuck in life, doing the same thing day in and day out. We can become unmotivated and unfulfilled, longing for a change. But every day presents the chance to begin anew, to see circumstances and situations differently, and to choose the path that leads to a life that 's better than ever. With personal stories and her signature humor, April Osteen Simons reminds us that we have a choice every day to embrace the positive and turn away from the negative. By appreciating what we have, focusing on where we want to be, and remembering that God is with us and wants the best for us, we can take the necessary steps to live a happier, healthier, more hopeful life. This is a celebration of all that life has to offer. You ' re invited to remember that God wants you to enjoy every day, finding your place of purpose, fulfillment, and happiness. Soon, you ' ll see that you are living a life that is better than ever.

Thirty one-day devotions based on the popular worship song Better Is One Day.

The idea of "The Green Book" is to give the Motorist and Tourist a Guide not only of the Hotels and Tourist Homes in all of the large cities, but other classifications that will be found useful wherever he may be. Also facts and information that the Negro Motorist can use and depend upon. There are thousands of places that the public doesn't know about and aren't listed. Perhaps you know of some? If so send in their names and addresses and the kind of business, so that we might pass it along to the rest of your fellow Motorists. You will find it handy on your travels, whether at home or in some other state, and is up to date. Each year we are compiling new lists as some of these places move, or go out of business and new business places are started giving added employment to members of our race.

THE SUNDAY TIMES BESTSELLER BOOK OF THE YEAR IN GUARDIAN, ECONOMIST & NEW STATESMAN 'Excellent and provocative... a passionate, timely book.' Sunday Times 'A fine new book... thoughtful, deeply reported and impeccably even-handed.' The Times Emerging from a collection of city states 150 years ago, no other country has had as turbulent a history as Germany or enjoyed so much prosperity in such a short time frame. Today, as much of the world succumbs to authoritarianism and democracy is undermined from its heart, Germany stands as a bulwark for decency and stability. Mixing personal journey and anecdote with compelling empirical evidence, this is a critical and entertaining exploration of the country many in the West still love to hate. Raising important questions for our post-Brexit landscape, Kampfner asks why, despite its faults, Germany has become a model for others to emulate, while Britain fails to tackle contemporary challenges. Part memoir, part history, part travelogue, *Why the Germans Do It Better* is a rich and witty portrait of an eternally fascinating country.

Better Spelling in 30 Minutes a Day

Last Week Tonight with John Oliver Presents a Day in the Life of Marlon Bundo

Happier at Home

Sam's 7 Day Plan to Being a Better Member of Mankind

Living with the Ribbon

Get Your Happy Back, Stress Less, and Enjoy Every Day

Mastering the Habits of Our Everyday Lives

Toro's debut novel offers a divine love story that takes one man back and forth between the Northeast and Midwest. When Michael leaves New York City and returns to Ohio, where he grew up, his life is a shambles. His ex-wife allows him to stay with her as he gets back on his feet, but their relationship remains broken. However, God intervenes in Michael's life, starting with a miracle that cures his chronic anxiety. Michael then has a vision and falls in love with a girl he's never met and feels prompted by God to woo her. A series of small miracles occurs to assist him; for example, he sends her a photograph of an angel statue that unintentionally includes the digits of his phone number. The path to love is

not without trials, and Michael, his ex-wife and his new love interest must go through a healing process before they can find happy endings. Toro tells the story using a rhythmic, poetic style, giving the novel a dreamlike quality that compliments its romantic elements. This style does have its limitations, however; although the book's prayers and dialogue have a pleasant ring, they don't necessarily resemble natural speech. One prayer reads, in part, "I'd like for this ride to end...to put an end to this terrible spin, and start me anew on who you're willing to send...a normal but blessed love about to begin." Some plot details are so finely woven into the prose that casual readers may miss key information. Overall, Michael does a great deal of praying and reflecting--a narrative choice that benefits from the work's rhythmic style--creating a story that focuses more on emotion than action. A marriage of poetry and prose for fans of inspirational and romantic fiction. -- Kirkus Reviews

'A LOT OF US WOULD LIKE A RUBIN IN OUR LIVES' The Times

'EXTRAORDINARY' Viv Groskop 'FASCINATING, PERSUASIVE' Guardian 'A LIFE-CHANGER' The Pool HABITS ARE THE INVISIBLE ARCHITECTURE OF

EVERYDAY LIFE. Most of us have a habit we'd like to change, and there's no shortage of expert advice. But as we all know from tough experience, there is no magic 'one-size-fits-all' solution for everything from weight loss to personal organisation. In *Better Than Before*, Gretchen Rubin explores her theory of 'The Four Tendencies' dividing people into four basic groups: Upholder, Obliger, Questioner and Rebel. She answers the most perplexing questions about habits with her signature mix of rigorous research and engaging storytelling (and a personality quiz to establish which of the Four Tendencies fits you): - Why do we find it tough to create a habit for something we love to do? - How can we keep our healthy habits when we're surrounded by temptations? - How can we help someone else change a habit? Rubin reveals the true secret to habit change: first, we must know ourselves. When we shape our habits to suit ourselves, we can find success- even if we've failed before. Whether you want to eat more healthfully, stop checking your phone, or finish a project, the invaluable ideas in *Better Than Before* will start you working on your own habits - even before you've finished the book. ALSO BY GRETCHEN RUBIN *The Four Tendencies: the indispensable personality profiles that reveal how to make your life better* AND *Outer Order Inner Calm: declutter and organize to make more room for happiness* AND *Happier At Home: a year-long experiment in making the everyday extraordinary*

June 12, 1998: a day she will never remember: When 15 year-old Sarah Jackson climbed into a car with an underage drinking driver, she didnt know that choices can impact dreams . The driver lost control and crashed. Sarah sustained a severe traumatic brain injury. She was in a coma for 3 weeks and underwent four months of rehabilitation therapy. With a journal describing her difficulties, essay reactions from friends, moms journal detailing her fears and hopes, and dads monthly newsletters updating friends of her recovery, Sarah is able to show how determination makes it possible to overcome lifes uncertainties. Today, Sarah has become a leader in our nations efforts to promote traffic safety speaking to student and adult audiences across the country. *One Life, One Captain* is the

name of her presentation as she promotes personal responsibility, healthy choices and that wearing a safety belt can save your life too.

The Reminiscences of Mrs. Theodore Roosevelt, Jr.

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Happy Mind, Happy Life

Profane Waste

Outer Order Inner Calm

It'S Not About Sports, Popularity, Hair, Clothes, Make-Up or Boys, It'S About Finding Yourself

1940 Edition

In Sam's 7-Day Plan to Being a Better Member of Mankind, you will find a plan for using manners, respect, pride, praise, dignity and love in our everyday lives to enhance and improve the possibilities for ourselves and our world. You will discover that the simple priorities in life can really make a difference each and every day. Publisher's website: <http://SBPRA.com/samradke>

Presents a self-instruction program to improve spelling skills and outlines how to proofread and avoid spelling errors

Recipes to help cleanse your body in just four short days, using all natural raw greens and the popular Daily Greens juices.

In this rom-com about rom-coms, in the spirit of Kasie West and Jenn Bennett, a hopeless romantic teen attempts to secure a happily-ever-after moment with her forever crush, but finds herself reluctantly drawn to the boy next door. Perpetual daydreamer Liz Buxbaum gave her heart to Michael a long time ago. But her cool, aloof forever crush never really saw her before he moved away. Now that he's back in town, Liz will do whatever it takes to get on his radar—and maybe snag him as a prom date—even befriend Wes Bennet. The annoyingly attractive next-door neighbor might seem like a prime candidate for romantic comedy fantasies, but Wes has only been a pain in Liz's butt since they were kids.

Pranks involving frogs and decapitated lawn gnomes do not a potential boyfriend make. Yet, somehow, Wes and Michael are hitting it off, which means Wes is Liz's in. But as Liz and Wes scheme to get Liz noticed by Michael so she can have her magical prom moment, she's shocked to discover that she likes being around Wes. And as they continue to grow closer, she must reexamine everything she thought she knew about love—and rethink her own ideas of what Happily Ever After should look like.

The Indispensable Personality Profiles That Reveal How to Make Your Life Better (and Other People's Lives Better, Too)

Una Storia Amore

5 a Day for Better Health Program

The Reminiscences of Mrs. Theodore Roosevelt, Jr

Every Day

Day Before Yesterday

The Negro Motorist Green Book

Happiness is good for your health. Learn how to nurture yours. During his 20 years as a GP, Dr Rangan Chatterjee has seen first-hand how motivation isn't always enough for us to maintain a healthy lifestyle. It's only when we learn how to support our own mental wellbeing and cultivate core happiness that these choices become easy. In his latest book, Dr Chatterjee shares cutting-edge insights into the science of happiness and reveals 10 simple ways to put you back in control of your health. It features real-life case studies and over 20 practical exercises, including lessons on how to:

- Treat yourself with respect
- Improve your relationship with your phone
- Deal with criticism

Whether you are at a crisis point or simply want to experience more joy, this book will help you feel calmer, more confident, and able to live your life to the full. **PRE-ORDER YOUR COPY OF THE LATEST BOOK FROM THE SUNDAY TIMES BESTSELLING AUTHOR OF FEEL BETTER IN 5**

Do verb tenses make you tense? Does “affect” vs. “effect” put you in a panic? Help is here! This easy-to-use guide to grammar explains just how the English language works—especially the many ways it can trip you up—so you can write and speak with confidence. You'll find:

- Thorough coverage of key areas of grammar
- Easy-to-understand explanations and plenty of exercises to test and refine your skills
- An answer key at the back of the book to encourage you to work at your own pace and check your answers as you go
- A glossary for a quick review of any grammatical term discussed in the book

Better Grammar in 30 Minutes a Day allows you to customize your learning—so you can use it even if you have as little as five minutes a day to spare. Like its companion guides in the **Better English** series, this book is just what the teacher ordered—and will have you on your way to being grammatically correct!

Profane Waste~ISBN 0-9743648-3-5 U.S. \$25.00 / Hardcover, 8.5 x 10.5 in. / 75 pgs / 30 color. ~Item / June / Photography

The authors of the international bestseller **The Decision Book** teach us how to communicate better at work and in everyday life. The internationally bestselling duo Mikael Krogerus and Roman Tschäppeler have tested the 44 most important communication theories - from Aristotle's thoughts on presenting through Proust on asking questions to the Harvard Negotiation Project - for their practicality in daily business life. In **The Communication Book** they distil them into a single volume that in their winning way turns seemingly difficult ideas into clear and entertaining diagrams. From running better meetings and improving the conversations in your head to brushing up on your listening skills and small talk, the pair masterfully fuses theoretical knowledge and business advice with humour and practicality. They show that we can improve not only what we communicate, but how we do so. Whether you're a CEO or starting out - or want to improve your relationships at home - this smartly-illustrated and compact guide will improve your communication skills and help you form more meaningful connections at work, while smiling too.

Bible Study Book; Grace to Live Every Day Better Than Before

Redeemed

The Day of a Godly Mans Death Better Than the Day of His Birth Shewed in a Sermon [on Eccl. vii. 1]. (Two Sermons Shewing how to Begin and End the Year After a Godly Sort. To which is Added a Discourse on Jer. xviii. 20.).

A Teenagers Story About Battling Cancer Through High School

Speed Read Anything

44 Ideas for Better Conversations Every Day

Jump Start Your Health, Reset Your Energy, and Look and Feel Better Than Ever!

MacKenzie's life would be classified as ideal by most teenage standards. A set of supportive parents who were still lovingly married, a best friend who was also her identical twin, a mentally tough athlete (who had more muscles than most of her guy friends), and a competitive GPA that was sure to get her into a great college. Everything was right on track for a perfect life, until the age of sixteen, when she was shockingly diagnosed with cancer during a routine physical. Living with the Ribbon is an authentic recount of how MacKenzie Greenberg dealt with the diagnosis (what denial?), suffered through anxiety at each medical appointment (all one hundred-plus of them), responded with "Fine" when asked that annoying "How are you doing/feeling?" question, stubbornly refused to listen to the advice of her support system to "take it easy," and ultimately, how she continues to battle daily with a disease that will not play by the rules.

Reproduction of the original: Living Too Fast by Oliver Optic

100% of Last Week Tonight's proceeds will be donated to The Trevor Project and AIDS United. HBO's Emmy-winning Last Week Tonight with John Oliver presents a children's picture book about a Very Special boy bunny who falls in love with another boy bunny. Meet Marlon Bundo, a lonely bunny who lives with his Grampa, Mike Pence - the Vice President of the United States. But on this Very Special Day, Marlon's life is about to change forever... With its message of tolerance and advocacy, this charming children's book explores issues of same sex marriage and democracy. Sweet, funny, and beautifully illustrated, this book is dedicated to every bunny who has ever felt different.

In this groundbreaking analysis of personality type, bestselling author of Better Than Before and The Happiness Project Gretchen Rubin reveals the one simple question that will transform what you do at home, at work, and in life. During her multibook investigation into understanding human nature, Gretchen Rubin realized that by asking the seemingly dry question "How do I respond to expectations?" we gain explosive self-knowledge. She discovered that based on their answer, people fit into Four Tendencies: Upholders, Questioners, Obligers, and Rebels. Our Tendency shapes every aspect of our behavior, so using this framework allows us to make better decisions, meet deadlines, suffer less stress, and engage more effectively. More than 600,000 people have taken her online quiz, and managers, doctors, teachers, spouses, and parents already use the framework to help people make significant, lasting change. The Four Tendencies hold practical answers if you've ever thought: • People can rely on me, but I can't rely on myself. • How can I help someone to follow good advice? • People say I ask too many questions. • How do I work with someone who refuses to do what I ask—or who keeps telling me what to do? With sharp insight, compelling research, and hilarious examples, The Four Tendencies will help you get happier, healthier, more productive, and

more creative. It's far easier to succeed when you know what works for you.

Hopscotch...or Why Children Are the Better Day Traders

Better Grammar in 30 Minutes a Day

10 Simple Ways to Feel Great Every Day

Why the Germans Do it Better

That Does Not Happen Every Day

The Four Tendencies

Better Than Before

Better Than Before Mastering the Habits of Our Everyday Lives Hachette UK

You have the power to transform your day. Just the fact that you are alive is power in itself. Make today better than yesterday, and then do it all again the next day. Maximize every area of your life and watch it change before your eyes.

Can you love someone who is destined to change each day? Every morning, A wakes in a different person's body. A has made peace with that, even established guidelines by which to live: Never get too attached. Avoid being noticed. Do not interfere. And then A wakes up in the body of Justin and meets Justin's girlfriend, Rhiannon.

Hopscotch... or why children are the better day traders- stock trading can be as simple as playing hopscotch in the driveway-or is it?

5 a Day-for Better Health

Better Than Ever

The Communication Book

No Better Day

365 Expert Tips for a Healthier, Happier You

Better Each Day

declutter and organize to make more room for happiness

A few simple changes to tripling your current reading speed. Imagine how much time you could save. We all material we need to read. Enjoyable or not, we still need to get through it. What if you could get through it faster, and have even better retention than before? Scientifically-proven methods of optimally absorbing information. Speed Read Anything is your essential guide to the topic. You will learn tips and tricks that will transform your entire attitude towards reading. What you thought you knew about speed reading will be turned upside-down, and everyone will ask you for your secrets. All you need to do is point them to this book. Break your slow reading habits and develop your visual concentration. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with a multitude of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. How to skim and scan anything with speed and understanding.? Learn the myths of speed reading that everyone believes? How to preview a text in the most efficient manner? Strategically training your eyes to ignore? How to stop reading aloud in your head? How to read by concepts rather than individual words

I THE TRYST As he got out of the train at the little wayside station he remembered the conversation as if it had been yesterday, instead of fifteen years ago—and his heart went thumping against his ribs so violently that he almost heard it. The original thrill came over him again with all its infinite yearning. He felt it as he had felt it then—not with that tragic lessening the interval had brought to each repetition of its memory. Here, in the familiar scenery of its birth, he realised with mingled pain and wonder that the subsequent years

had not destroyed, but only dimmed it. The forgotten rapture flamed back with all the fierce beauty of its genesis, desire at white heat. And the shock of the abrupt discovery shattered time. Fifteen years became a negligible moment; the crowded experiences that had intervened seemed but a dream. The farewell scene, the conversation on the steamer's deck, were clear as of the day before. He saw the hand holding her big hat that fluttered in the wind, saw the flowers on the dress where the long coat was blown open a moment, recalled the face of a hurrying steward who had jostled them; he even heard the voices—his own and hers... II THE TOUCH OF PAN III THE WINGS OF HORUS IV INITIATION V A DESERT EPISODE VI THE OTHER WING VII THE OCCUPANT OF THE ROOM VIII CAIN'S ATONEMENT IX AN EGYPTIAN HORNET X BY WATER XI H. S. H. XII A BIT OF WOOD XIII A VICTIM OF HIGHER SPACE XIV TRANSITION XV THE TRADITION

"This book made me happy in the first five pages." —AJ Jacobs, author of *The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible* Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is "a cross between the Dalai Lama's *The Art of Happiness* and Elizabeth Gilbert's *Eat, Pray, Love*." (Sonya Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of *Julie and Julia*, *The Happiness Project* describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

Livid's past is a complete mystery. She was found at night in the warm sands of the great desert. Only a newborn, she was thought to be dreadfully ill because of her total lack of color. Her skin was as pale as snow, and even her blood was dark-gray in color. She now lives the solitary life of a shepherdess on the edge of the very desert where she was found some nineteen years earlier. In this environment, Livid has learned to take care of herself, and she fears nothing... Nothing, that is, except water! Living in the driest place on the world of Riven, she knows very little of this strange fluid, but seas of water haunt her dreams, and thus she fears it with debilitating terror. Meanwhile, far to the west, a bard named Curesoon has been seeking to find his family. Thus engaged, he steps into the shadows of the black bog Miremurk, and unknowingly embarks upon an adventure that will draw in many, including even the gray-maiden named Livid.

Notes from a Grown-Up Country

The Happiness Project

Devotions Inspired by the Song

The Far Quest (The Chronicles of Curesoon - Book One)

Blackwood Collections

Better Than the Movies

No Plot? No Problem!

In the spirit of the #1 New York Times bestseller *The Happiness Project*, Gretchen Rubin embarks on a new project to make home a happier place. 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 toast rack with what she wants from her home? A place that calms her, and energises her. A place that,

making her feel safe, will free her to take risks. Also, while Rubin wants to be happier at home, she also wants to appreciate how much happiness is there already. So, starting in September (the new year, 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.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results: No Matter Your Goals, Atomic Habits Offers a Proven Framework for Improving--Every Day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will tell you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change but because you have the wrong system for change. You do not rise to the level of your goals; you fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • overcome time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

365 expert tips based on scientific findings to help you boost your confidence, get fit, fight off stress and fear, improve your relationships, and more. New Year's resolutions have never been easier to keep than with Better Each Day. Its hundreds of tips add up to a big impact on your well-being. Drawing on the latest scientific findings from experts in the fields of nutrition, mental health, fitness, and psychology, respected journalist Jessica Cassity presents 365 proven and easy-to-achieve tips to help you feel more confident, getting fit, clearing away worry and fear, improving relationships, and more. Readers can work the tips day by day, or dip in and out of the book at will. With fascinating facts on the science behind self-improvement, this is an engaging and inspiring read perfect for anyone looking to feel healthier, and, of course, happier! "Chock-full of fitness, health, nutrition, and relationship, and just general feel-good advice." —Shape magazine "Author Jessica Cassity gives enough techniques and tips to help boost your happiness and well-being every single day for a year." —SELF magazine

THE NEW YORK TIMES BESTSELLER 'MOVE OVER, MARIE KONDO' Washington Post
'EXCELLENT' Telegraph 'YOU WILL FEEL LIKE YOU CAN TAKE ON THE WORLD' Grazia
'WISHING I HAD A RUBIN TO HELP ME MAKE SENSE OF MY BELONGINGS' Red
'DECLUTTER YOUR WAY TO HAPPINESS' Good Housekeeping In the context of a happy life, a messy desk or a crowded wardrobe is a trivial problem - yet Gretchen Rubin found that getting rid of our stuff makes us feel more in control of our lives. Ask yourself: DO I NEED IT? DO I LOVE IT? DO I USE IT? With 150 concrete clutter-clearing ideas, insights, strategies, and sometimes surprising tips, Gretchen tackles the key challenges of creating outer order by explaining how to 'make choices', 'create order', 'know yourself', 'cultivate useful habits' and, of course, how to 'live with beauty'. At home, at work, and in life, when we get our possessions under control, we can create

more serene environment. With a sense of fun, and a clear idea of what's realistic for most people, Gretchen suggests dozens of manageable steps to help us achieve the lives we yearn for. ALSO BY GRETCHEN RUBIN The Four Tendencies: the indispensable personality profiles that reveal how to make your life better AND Better Than Before: learn how to make good habits and break bad ones for good AND Happier At Home: a year-long experiment in making the everyday extraordinary Atomic Habits Better Is One Day Devotional Living Too Fast How to Read a Book a Day With Better Retention Than Ever Better Day (Journal) Kiss More, Jump More, Abandon a Project, Read Samuel Johnson, and My Other Experiments in the Practice of Everyday Life Day and Night Stories