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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...

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- Authored by Gretchen Rubin
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