



Objetivo: Felicidad (Spanish Edition)

By Gretchen Rubin

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Gretchen Rubin no era una mujer infeliz. Tenía un marido que la quería, dos hijas maravillosas y una profesión que le gustaba. Pero una tarde lluviosa se dio cuenta de que el día de hacer realidad sus propósitos jamás llegaría si ella no ponía algo de su parte. Y decidió emprender su proyecto particular: proponerse un objetivo para cada mes del año que contribuyera a su felicidad: dar pruebas de amor, pedir ayuda, divertirse más, olvidarse de los resultados. / Gretchen Rubin had an epiphany one rainy afternoon in the unlikeliest of places: a city bus. ""The days are long, but the years are short,"" she realized. ""Time is passing, and I'm not focusing enough on the things that really matter." In that moment, she decided to dedicate a year to her happiness project.

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Editorial Review

About the Author

Gretchen Rubin is the author of several books, including the bestselling Forty Ways to Look at Winston Churchill and Forty Ways to Look at JFK. Rubin began her career in law, and she was clerking for Supreme Court Justice Sandra Day O'Connor when she realized that she really wanted to be a writer. Raised in Kansas City, she lives in New York City with her husband and two young daughters.

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