



Habits for Happiness
Friday at 8 AM Pacific
November 19th 2021: Encore: EP 4: The Power of HAPPINESS w. HumanNature Expert Gretchen Rubin

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You will not want to miss this POWERFUL Episode with Happiness Expert, Author, and Speaker Gretchen Rubin. Gretchen Rubin is one of today's most influential and thought-provoking observers of happiness and human nature. She's known for her ability to distill and convey complex ideas with humor and clarity, in a way that's accessible to a wide audience. Gretchen Rubin is one of today's most influential and thought-provoking observers of happiness and human nature. She's known for her ability to distill and convey complex ideas with humor and clarity, in a way that's accessible to a wide aud

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Featured Guest



Gretchen Rubin

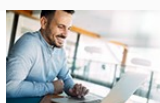
Gretchen Rubin is one of today's most influential and thought-provoking observers of happiness and human nature. She's known for her ability to distill and convey complex ideas with humor and clarity, in a way that's accessible to a wide audience. She's the author of many books, including the blockbuster New York Times bestsellers The Four Tendencies, Better Than Before, and The Happiness Project. She has an enormous readership, both in print and online, and her books have sold over 3.5 million copies worldwide, in more than thirty languages. (The Happiness Project spent two years on the bestseller list.) On her top-ranking, award-winning podcast "Happier with Gretchen Rubin," she discusses

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