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Gretchen Rubin

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Gretchen Rubin no era una mujer infeliz. Tenia un marido que la queria, dos hijas maravillosas y una profesion que le gustaba. Pero una tarde lluviosa se dio cuenta de que el dia de hacer realidad sus propositos jamas llegaria si ella no ponia algo de su parte. Y decidio emprender su proyecto particular: proponerse un objetivo para cada mes del ano que contribuyera a su felicidad: dar pruebas de amor, pedir ayuda, divertirse mas, olvidarse de los resultados. / Gretchen Rubin had an epiphany one rainy afternoon in the unlikelyst 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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