



A Happier 2017 Page-A-Day Calendar

Gretchen Rubin

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Get happy! From Gretchen Rubin—author of *The Happiness Project* and other bestselling books—here's a day-by-day blueprint for a happier life. On each page is a nugget of optimism and practical inspiration drawn from cutting-edge research, ancient wisdom, popular culture, or the author's own astute observations—all to help you find new happiness and satisfaction every day.



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