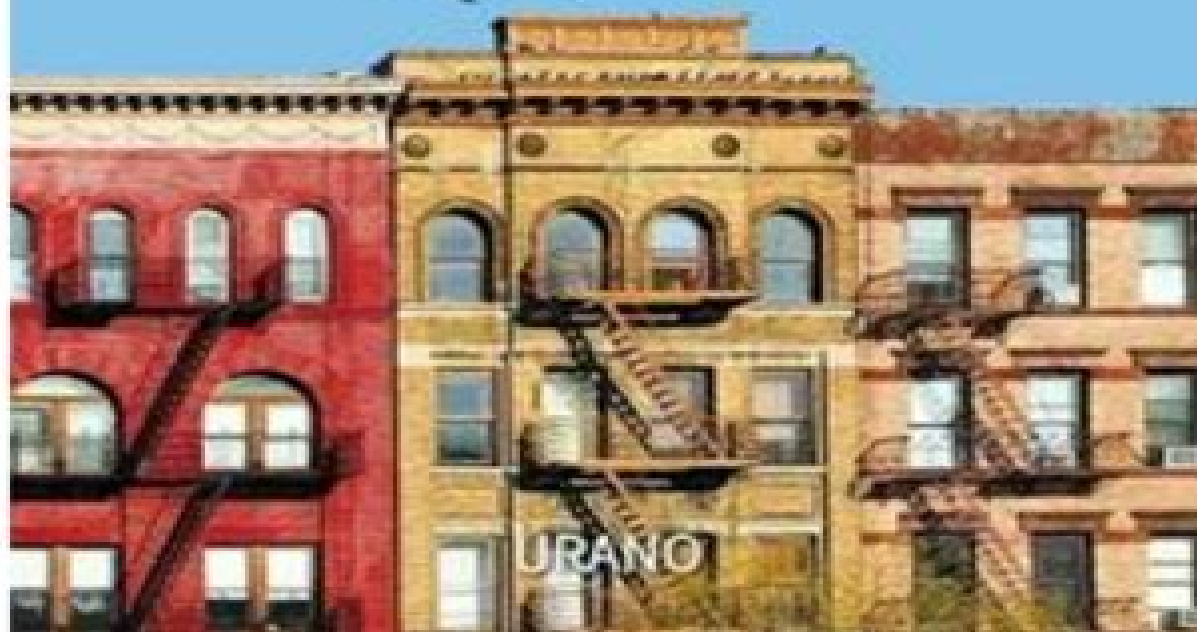


OBJETIVO: FELICIDAD

De cuando pasé un año de mi vida cantando
alegres melodías, ordenando los armarios,
leyendo a Aristóteles y, en general,
preocupándome menos y divirtiéndome más

Gretchen
Rubin



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Gretchen Rubin



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Objetivo Gretchen Rubin, 2015-06-30 Un día de estos me alimentaré correctamente aprenderé a usar el Photoshop leer a Shakespeare Pasar más tiempo divirtiéndome visitar museos Un día de estos 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 decidí emprender su proyecto particular proponerme un objetivo para cada mes del año que contribuyera a su felicidad dar pruebas de amor pedir ayuda divertirse más olvidarse de los resultados Lo acontecido a lo largo de aquellos doce meses está narrado en *Objetivo Felicidad* un testimonio sorprendente que equilibra con encanto lo universal con lo personal Los lectores asistirán tan fascinados al proceso de Gretchen que correrán a iniciar su propio proyecto de felicidad Divertido y profundamente revelador un libro para ser feliz de la primera a la última página Objetivo: felicidad Gretchen Craft Rubin, 2010 Cierta tarde lluviosa Gretchen Rubin tuvo la idea de revisar todos los elementos de su vida en principio bastante satisfactoria y averiguar qué tenía que hacer para ser más feliz Decidida a cambiar todas aquellas cosas que no cambian por sí solas emprendí un nuevo proyecto con un objetivo claro ser más feliz P 4 of cover

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