



**The Happiness Project: By Gretchen Rubin
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Trying to Sing in the Morning, Clean My Closets,
Fight Right, Read Aristotle, and Generally Have
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Trivia-on-Book: The Happiness Project by Gretchen Rubin

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Gretchen Rubin was inspired to begin the “happiness project” one day while riding a bus. She realized that her life was quickly passing her by, so she decided to spend the next year discovering the truth behind what makes a person happy. In her New York Times bestseller, *The Happiness Project*, Gretchen Rubin shares her experiences and what she learned while studying the ideas, scientific theories, and pop-culture surrounding the topic of happiness.

Features You'll Discover Inside:

- 30 Multiple choice questions on the book, plots, characters and author
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- Complementary quiz material for yourself or your reading group
- Results provided with scores to determine "status"

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