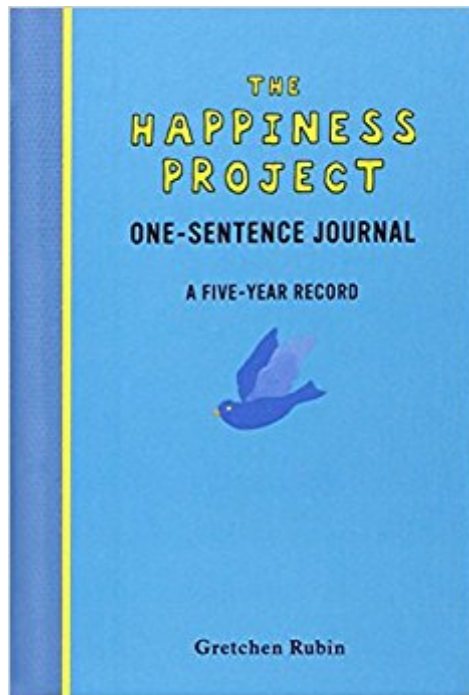




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The Happiness Project One-Sentence Journal: A Five-Year Record



Synopsis

365 days. 5 years. 1,825 moments captured. In her bestselling book *The Happiness Project*, Gretchen Rubin discovers the pleasure of writing just one sentence every day. The *Happiness Project One-Sentence Journal* helps you to make a fascinating and revealing time capsule of the next five years of your life. Simply turn to today's date, reflect on the quote at the top of the page, and jot down just one sentence (perhaps about something good that happened that day). This daily ritual is highly do-able and provides a striking sense of accomplishment, and as the years go by you can see how your entries evolve.

Book Information

Diary: 368 pages

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Average Customer Review: 4.6 out of 5 stars 299 customer reviews

Best Sellers Rank: #9,208 in Books (See Top 100 in Books) #14 in [Books > Self-Help >](#)

[Journal Writing](#) #123 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#) #308 in [Books > Self-Help > Personal Transformation](#)

Customer Reviews

Gretchen Rubin is one of the most thought-provoking and influential writers on the linked subjects of habits, happiness, and human nature. She's the author of many books, including the blockbuster *New York Times* bestsellers, *Better Than Before* and *The Happiness Project*. A member of Oprah's SuperSoul 100, Rubin has an enormous following, in print and online; her books have sold more than 2 million copies worldwide, in more than 35 languages; and on her popular daily blog, gretchenrubin.com, she reports on her adventures in pursuit of habits and happiness. She also has a highly ranked, award-winning podcast, *Happier with Gretchen Rubin*. Rubin started her career in law, and was clerking for Justice Sandra Day O'Connor when she realized she wanted to be a writer. She lives in New York City with her husband and two daughters.

This is exactly what I was looking for. It's cute and fun journal. Its fun to write down your days

events in a short way.

This book/concept has changed my life. Highly recommend it. One liners make it easy for even the busiest of bees to use. At the end of the year, you end up having good moments/things that you're grateful/good thoughts to reflect on. Buying a used copy of the book might help an organization in need, so check it out. The proceeds to one of my purchases of this book went to aids education in NY-- couldn't have been happier! Also bought a new one to give as a present.

This was a birthday gift for my sister. My wife had seen that she was reading the book and decided this would be a perfect gift for her. So far she has recorded something for everyday that she has had it and she is loving it. She made sure to note on the day she received it that she got it as a gift from her big brother and his wife, lol.

It's a great idea but the book is too small to comfortably and legibly write in, especially as a left-hander! I eventually switched to a journal from TJ Maxx and just write the dates at the top of each page.

The lines are small but it works. If I have more to write that day, I write on every line, if I just want to jot down few things I use 2 lines at once. The journal is meant to be one-sentence journal so the small lines don't bother me too much, and actually gets the burden off my shoulders. Hope I can finish this journal!

I love the idea behind the Happiness Project, but I agree with some of the reviews that it's a bit small and cramped. My handwriting is small, so this isn't as big of an issue for me, but you might want to consider other one-sentence journals if you tend to have a larger handwriting.

Really like the concept of writing one sentence a day. I bought 5 of these for gifts. Four were perfect and one had the cover on upside down and backwards... Since they were gifts and there was a time constraint, I just wrote a funny note in the upside down journal and gave it anyway, but as I plan to give more for gifts, I hope the mistake is not repeated.

Have given this journal as a gift to two different friends and they have both told me on numerous occasions how much they like and enjoy it!!

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