

The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 372-373 | Added on Wednesday, March 31, 2021 6:58:19 AM

Another study suggested that getting one extra hour of sleep each night would do more for a person's daily happiness than getting a \$60,000 raise.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 412-414 | Added on Wednesday, March 31, 2021 7:06:48 AM

There's a staggering amount of evidence to show that exercise is good for you. Among other benefits, people who exercise are healthier, think more clearly, sleep better, and have delayed onset of dementia. Regular exercise boosts energy levels; although some people assume that working out is tiring, in fact, it boosts energy, especially in sedentary people—of whom there are many

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 446-448 | Added on Wednesday, March 31, 2021 7:11:14 AM

In Daniel Gilbert's book *Stumbling on Happiness*, he argues that the most effective way to judge whether a particular course of action will make you happy in the future is to ask people who are following that course of action right now if they're happy and assume that you'll feel the same way.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 456-457 | Added on Wednesday, March 31, 2021 7:12:27 AM

The repetitive activity of walking, studies show, triggers the body's relaxation response and so helps reduce stress;

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 463-464 | Added on Wednesday, March 31, 2021 7:13:20 AM

One of my worst qualities is my insatiable need for credit; I always want the gold star, the recognition.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 470-471 | Added on Wednesday, March 31, 2021 7:14:07 AM

benefited from the "Hawthorne effect," in which people being studied improve their performance, simply because of the extra attention they're getting. In this case, I was the guinea pig of my own experiment.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 641-642 | Added on Sunday, April 4, 2021 9:28:38 PM

An important aspect of happiness is managing your moods, and studies show that one of the best ways to lift your mood is to engineer an easy success, such as tackling a long-delayed chore.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 648-648 | Added on Sunday, April 4, 2021 9:30:48 PM

people who use Botox are less prone to anger, because they can't make angry faces.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 843-844 | Added on Monday, April 5, 2021 8:18:23 AM

In marriage, it's less important to have many pleasant experiences than it is to have fewer unpleasant experiences,

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 850-851 | Added on Monday, April 5, 2021 8:19:59 AM

As Mark Twain observed, "An uneasy conscience is a hair in the mouth."

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 940-942 | Added on Monday, April 5, 2021 8:40:34 AM

Happy people generally are more forgiving, helpful, and charitable, have better self-control, and are more tolerant of frustration than unhappy people, while unhappy people are more often withdrawn, defensive, antagonistic, and self-absorbed.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 942-942 | Added on Monday, April 5, 2021 8:40:50 AM

Oscar Wilde observed, "One is not always happy when one is good; but one is always good when one is happy."

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 965-965 | Added on Monday, April 5, 2021 8:43:45 AM

Pierre Reverdy: "There is no love; there are only proofs of love."

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1118-1118 | Added on Monday, April 5, 2021 9:02:34 AM

"You manage what you measure,"

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1130-1133 | Added on Monday, April 5, 2021 9:04:24 AM

To be happy, I needed to generate more positive emotions, so that I increased the amount of joy, pleasure, enthusiasm, gratitude, intimacy, and friendship in my life. That wasn't hard to understand. I also needed to remove sources of bad feelings, so that I suffered less guilt, remorse, shame, anger, envy, boredom, and irritation. Also easy to understand. And apart from feeling more "good" and feeling less "bad," I saw that I also needed to consider feeling right.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1136-1137 | Added on Monday, April 5, 2021 9:04:59 AM

"Feeling right" is about living the life that's right for you—in occupation, location, marital status, and so on.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1143-1145 | Added on Monday, April 5, 2021 9:06:03 AM

seemed right. Then I thought of a line from William Butler Yeats. “Happiness,” wrote Yeats, “is neither virtue nor pleasure nor this thing nor that, but simply growth. We are happy when we are growing.”

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1154-1156 | Added on Monday, April 5, 2021 9:07:42 AM

Growth is important in a spiritual sense, and I do think that material growth is gratifying as well. As much as folks insist that money can’t buy happiness, for example, it’s awfully nice to have more money this year than you had last year.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1226-1227 | Added on Monday, April 5, 2021 10:31:03 AM

Erasmus observed, “The chief happiness for a man is to be what he is,”

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1258-1259 | Added on Monday, April 5, 2021 10:34:40 AM

My research had revealed that challenge and novelty are key elements to happiness.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1260-1261 | Added on Monday, April 5, 2021 10:35:02 AM

If you do new things—visit a museum for the first time, learn a new game, travel to a new place, meet new people—you’re more apt to feel happy than people who stick to more familiar activities.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1335-1336 | Added on Monday, April 5, 2021 10:43:01 AM

Research shows that the more elements make up your identity, the less threatening it is when any one element is threatened.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1352-1352 | Added on Monday, April 5, 2021 12:32:23 PM

If something is worth doing, it’s worth doing badly.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1445-1446 | Added on Monday, April 5, 2021 12:43:32 PM

To enjoy now, there was something else I was going to have to master: my dread of criticism.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1497-1497 | Added on Monday, April 5, 2021 12:48:53 PM

was much more likely to take risks, reach out to others, and expose myself to rejection and failure when I felt happy.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1497-1498 | Added on Monday, April 5, 2021 12:49:03 PM

When I felt unhappy, I felt defensive, touchy, and self-conscious.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1654-1655 | Added on Monday, April 5, 2021 2:38:22 PM

This strategy was astoundingly effective—which suggested to me that much of children’s frustration comes not from being forced to do this or that but rather from the sheer fact that they’re being ignored.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1690-1690 | Added on Monday, April 5, 2021 2:42:34 PM

Experts say that denying bad feelings intensifies them;

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1703-1704 | Added on Monday, April 5, 2021 2:44:45 PM

However, because people remember events better when they fit with their present mood, happy people remember happy events better, and depressed people remember sad events better.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1816-1816 | Added on Monday, April 5, 2021 8:53:44 PM

But my research revealed that a key to happiness is squeezing out as much happiness as possible from a happy event.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1817-1820 | Added on Monday, April 5, 2021 8:54:18 PM

I realized, happiness has four stages. To eke out the most happiness from an experience, we must anticipate it, savor it as it unfolds, express happiness, and recall a happy memory.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 1832-1833 | Added on Monday, April 5, 2021 8:55:42 PM

“rosy prospection,” anticipation of happiness is sometimes greater than the happiness actually experienced. All the more reason to revel in anticipation.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2141-2142 | Added on Friday, April 9, 2021 7:51:00 AM

Matthew Arnold wrote, “All knowledge is interesting to a wise man,”

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2247-2251 | Added on Monday, April 12, 2021 7:54:29 AM

Research shows that challenging fun and accommodating fun, over the long term, bring more happiness, because they're sources of the elements that make people happiest: strong personal bonds, mastery, an atmosphere of growth. Relaxing fun tends to be passive—by design. So if relaxing fun is the least fun kind of fun, why is watching TV so popular? Because although we get more out of challenging fun and accommodating fun, we must also put more into it. It takes energy and forethought.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2778-2780 | Added on Tuesday, April 13, 2021 8:14:14 AM

When money or health is a problem, you think of little else; when it's not a problem, you don't think much about it. Both money and health contribute to happiness mostly in the negative; the lack of them brings much more unhappiness than possessing them brings happiness.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2786-2788 | Added on Tuesday, April 13, 2021 8:16:28 AM

The First Splendid Truth holds that to think about happiness, we should think about feeling good, feeling bad, and feeling right, in an atmosphere of growth.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2903-2904 | Added on Tuesday, April 13, 2021 8:32:28 AM

Scrimping, saving, imagining, planning, hoping—these stages enlarge the happiness we feel.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2905-2906 | Added on Tuesday, April 13, 2021 8:32:46 AM

deprivation is one of the most effective, although unenjoyable, cures for the hedonic treadmill

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2913-2916 | Added on Tuesday, April 13, 2021 8:35:18 AM

We're very sensitive to change. We measure our present against our past, and we're made happy when we see change for the better. In one study, people were asked whether they'd rather have a job that paid \$30,000 in year one, \$40,000 in year two, and \$50,000 in year three or a job that paid \$60,000, then \$50,000 then \$40,000. In general, people preferred the first option, with its raises—despite the fact that

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2916-2921 | Added on Tuesday, April 13, 2021 8:35:52 AM

end of the three years, they would have earned only \$120,000 instead of \$150,000. Their decision might seem irrational, but in fact, the people who chose the first option understood the importance of growth to happiness. People are very sensitive to relative changes in their condition, for better or worse. A sense of growth is so important to happiness that it's often preferable to be progressing to the summit rather than to be at the summit. Neither a scientist nor a philosopher but a novelist, Lisa

Grunwald, came up with the most brilliant summation of this happiness principle: “Best is good, better is

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2921-2921 | Added on Tuesday, April 13, 2021 8:36:04 AM

best.”

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2928-2931 | Added on Tuesday, April 13, 2021 8:38:28 AM

four-year-old who had a blue toy car he loved. He took it everywhere, played with it constantly. Then when his grandmother came to visit, she bought him ten toy cars, and he stopped playing with the cars altogether. “Why don’t you play with your cars?” she asked. “You loved your blue car so much.” “I can’t love lots of cars,” he answered. It’s easy to make the mistake of thinking that if you have something you love or there’s something you want, you’ll be happier with more.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 2986-2988 | Added on Tuesday, April 13, 2021 8:46:43 AM

Studies suggest that satisficers tend to be happier than maximizers. Maximizers spend a lot more time and energy to reach a decision, and they’re often anxious about whether they did in fact make the best choice.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3015-3016 | Added on Tuesday, April 13, 2021 8:57:01 AM

“Spending out” also meant not being rigidly efficient.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3230-3232 | Added on Tuesday, April 13, 2021 9:50:16 AM

A common theme in religion and philosophy, as well as in catastrophe memoirs, is the admonition to live fully and thankfully in the present.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3295-3296 | Added on Tuesday, April 13, 2021 9:57:29 AM

Over and over, they emphasized the importance of cherishing health and appreciating ordinary life.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3516-3516 | Added on Saturday, April 17, 2021 7:35:04 AM

It is easy to be heavy: hard to be light.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3552-3553 | Added on Saturday, April 17, 2021 7:38:49 AM

Other people cultivate unhappiness as a way to control others. They cling to unhappiness because without it they'd forgo the special consideration that unhappiness secures:

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3552-3553 | Added on Saturday, April 17, 2021 7:38:57 AM

Other people cultivate unhappiness as a way to control others. They cling to unhappiness because without it they'd forgo the special consideration that unhappiness secures: the claim to pity and attention.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3560-3561 | Added on Saturday, April 17, 2021 7:41:09 AM

The belief that unhappiness is selfless and happiness is selfish is misguided. It's more selfless to act happy. It takes energy, generosity, and discipline to be unfailingly lighthearted, yet everyone takes the happy person for granted.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3577-3578 | Added on Saturday, April 17, 2021 7:43:18 AM

Last, some people are unhappy because they won't take the trouble to be happy. Happiness takes energy and discipline. It is easy to be heavy, etc.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3743-3744 | Added on Sunday, April 18, 2021 6:28:43 PM

Samuel Johnson observed, "If we read without inclination, half the mind is employed in fixing the attention; so there is but one half to be employed on what we read."

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3962-3963 | Added on Sunday, April 18, 2021 6:58:11 PM

Some of my True Rules were very helpful, such as one I learned from my mother: "The things that go wrong often make the best memories."

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 3968-3969 | Added on Sunday, April 18, 2021 7:00:21 PM

remember reading that the Shakers deliberately introduced a mistake into the things they made, to show that man shouldn't aspire to the perfection of God. Flawed can be more perfect than perfection.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4114-4115 | Added on Sunday, April 18, 2021 8:00:46 PM

one study, dieters who kept a food diary lost twice as much weight as dieters who didn't bother.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4221-4221 | Added on Monday, April 19, 2021 3:39:52 PM

It's easier to complain than to laugh, easier to yell than to joke around, easier to be demanding than to be satisfied.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4295-4296 | Added on Monday, April 19, 2021 3:48:29 PM

Responding with laughter meant that I had to give up my pride, my defensiveness, my self-centeredness.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4315-4316 | Added on Monday, April 19, 2021 3:50:35 PM

Turns out that people with high neuroticism scores have very strong negative reactions—fear, anxiety, shame, guilt, disgust, sadness—very often directed at themselves.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4331-4333 | Added on Monday, April 19, 2021 3:52:09 PM

was a “topper”: “You think you had a crazy morning, let me tell you about my morning.” I was a deflater: “You liked that movie? I thought it was kind of boring.”

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4386-4386 | Added on Monday, April 19, 2021 3:59:45 PM

Giving positive reviews requires humility.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4395-4396 | Added on Monday, April 19, 2021 4:00:34 PM

Why worry about the joyous ones?

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4396-4398 | Added on Monday, April 19, 2021 4:00:54 PM

Once I started trying to give positive reviews, though, I began to understand how much happiness I took from the joyous ones in my life—and how much effort it must take for them to be consistently good-tempered and positive. It is easy to be heavy; hard to be light

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4438-4439 | Added on Monday, April 19, 2021 5:03:57 PM

That night I did a better job, largely because I was so tired that I went to bed at nine. Being asleep is a great way to avoid being critical.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4456-4457 | Added on Monday, April 19, 2021 5:06:58 PM

And rumination—dwelling on slights, unpleasant encounters,

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4457-4457 | Added on Monday, April 19, 2021 5:07:05 PM

and sad events—leads to bad feelings.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4457-4458 | Added on Monday, April 19, 2021 5:07:21 PM

In fact, one reason that women are more susceptible to depression than men may be their greater tendency to ruminate; men are more likely to distract themselves with an activity.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4512-4513 | Added on Monday, April 19, 2021 5:12:24 PM

even when I had a bad day, it was a good bad day.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4581-4582 | Added on Monday, April 19, 2021 5:20:00 PM

For me, it turned out, the most significant prong was the feeling bad. My biggest happiness boosts had come from eliminating the bad feelings generated by my snapping, nagging, gossiping, being surrounded by clutter, eating

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4582-4583 | Added on Monday, April 19, 2021 5:20:06 PM

fake food, drinking, and all the rest.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4597-4598 | Added on Monday, April 19, 2021 8:15:08 PM

Although my instinct was to shy away from novelty and challenge, in fact they are a key source of happiness, even for an unadventurous soul like me.

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4644-4646 | Added on Monday, April 19, 2021 8:20:45 PM

Most nights, I spent the time before bed racing around, trying to get organized for the morning, or crashed in bed with a book. But Jamie has a lovely habit. We call it “gazing lovingly.” Every few weeks, he’ll say to me, “Come on, let’s gaze lovingly,” and we go look at Eliza and Eleanor as they

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The Happiness Project (Gretchen Rubin)

- Your Highlight on Location 4667-4669 | Added on Monday, April 19, 2021 8:24:42 PM

I’d noticed idly that a lot of people use the term “goal” instead of “resolution,” and one day in December, it struck me that this difference was in fact significant. You hit a goal, you keep a resolution.

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