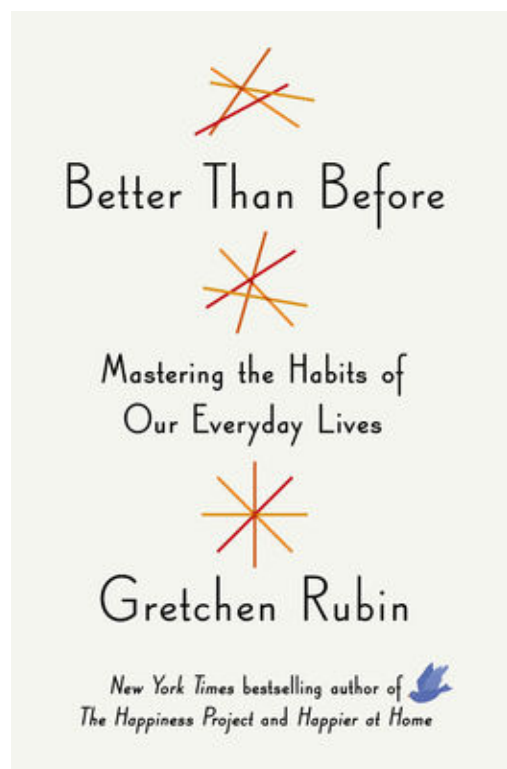


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'A LOT OF US WOULD LIKE A RUBIN IN OUR LIVES' *The Times Magazine* - 'EXTRAORDINARY' Viv Groskop, *The Times Style* - 'FASCINATING, PERSUASIVE' *Guardian* - 'A LIFE-CHANGER' *The Pool*

HABITS ARE THE INVISIBLE ARCHITECTURE OF EVERYDAY LIFE.

Most of us have a **habit we'd like to change**, and there's no shortage of expert advice. But as we all know from tough experience, no magic, one-size-fits-all solution for everything from **weight loss** to **personal organisation** exists. In *Better Than Before*, explores her theory of **The Four Tendencies** dividing people into four basic groups: **Upholder**, **Obliger**, **Questioner** and **Rebel**. Gretchen Rubin answers the most perplexing questions about habits with her signature mix of rigorous research and engaging storytelling (and a **personality quiz to establish which of the Four Tendencies fits you**):

- Why do we find it tough to create a habit for something we love to do?

- How can we keep our healthy habits when we're surrounded by temptations?
- How can we help someone else change a habit?

Rubin reveals the true secret to habit change: **first, we must know ourselves**. When we shape our habits to suit ourselves, we can find success- even if we've failed before.

Whether you want to eat more healthfully, stop checking your phone, or finish a project, the invaluable ideas in *Better Than Before* will start you working on your own habits - even before you've finished the book.

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