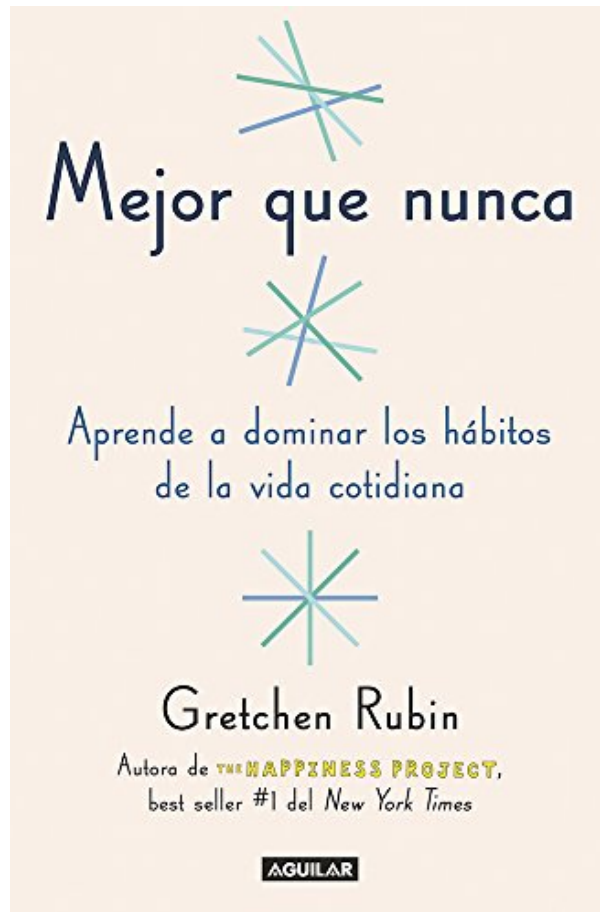


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Mejor que nunca



Aprende a dominar los hábitos
de la vida cotidiana



Gretchen Rubin

Autora de **THE HAPPINESS PROJECT**,
best seller #1 del *New York Times*

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About the Author

Gretchen Rubin is the author of several bestselling books, including *Better Than Before* and *Happier at Home*. She was clerking for Supreme Court Justice Sandra Day O'Connor when she realized that she really wanted to be a writer. She lives in New York City with her husband and two daughters.

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Aprende a dominar los hábitos de la vida cotidiana

De la autora de The Happiness project, best seller #1 del New York Times.

Si los hábitos son la clave para cambiar, lo que necesitamos saber es: ¿Cómo cambiar nuestros hábitos?

Mejor que nunca brinda una guía concreta para entender tus hábitos y cambiar para siempre. Con un tono humorístico, sin dejar de ser convincente, una investigación rigurosa, y testimonios de vidas transformadas, este libro explica los principios básicos para la formación de hábitos.

¿Por qué me resulta difícil crear un hábito de algo que me gusta hacer?

¿Por qué a veces puedo cambiar un hábito de un día para otro, y a veces no puedo cambiarlo, no importa cuánto lo intente?

¿Qué tan rápido puedo cambiar un hábito?

¿Cómo me aseguro de integrar en mí un nuevo hábito?

¿Cómo puedo ayudar a alguien más a cambiar un hábito?

¿Por qué puedo mantener los hábitos que benefician a otros, pero no los que son para mí?

Si quieres dormir más, mantener un peso saludable, dejar de fumar o terminar un proyecto importante, los hábitos hacen que el cambio sea posible. Con sólo leer unos capítulos de este libro excepcional, querrás empezar a trabajar en tus propios hábitos y transformar tu vida positivamente.

ENGLISH DESCRIPTION The author of the blockbuster New York Times bestsellers, *The Happiness Project* and *Happier at Home*, tackles the critical question: How do we change? Gretchen Rubin's answer: through habits. Habits are the invisible architecture of everyday life. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. So if habits are a key to change, then what we really need to know is: How do we change our habits? *Better than Before* answers that question. It presents a practical, concrete framework to allow readers to understand their habits—and to change them for good. Infused with Rubin's compelling voice, rigorous research, and easy humor, and packed with vivid stories of lives transformed, *Better than Before* explains the (sometimes counter-intuitive) core principles of habit formation. Along the way, Rubin uses herself as guinea pig, tests her theories on family and friends, and answers readers' most pressing questions—oddly, questions that other writers and researchers tend to ignore: • Why do I find it tough to create a habit for something I love to do? • Sometimes I can change a habit overnight, and sometimes I can't change a habit, no matter how hard I try. Why? • How quickly can I change a habit? • What can I do to make sure I stick to a new habit? • How can I help someone else change a habit? • Why can I keep habits that benefit others, but can't make habits that are just for me? Whether readers want to get more sleep, stop checking their devices, maintain a healthy weight, or finish an important project, habits make change possible. Reading just a few chapters of *Better Than Before* will make readers eager to start work on their own habits—even before they've finished the book.

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About the Author

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0 of 0 people found the following review helpful.

Fascinante

By Michael Melcher

I purchased this for our caregiver, who is originally from Colombia. It turns out that she is a lifelong student of the things that Gretchen writes about. She was very happy to be able to read this in her native language rather than trying to read it in English. We ended up having a long discussion about the factors that lead to powerful habits.

0 of 0 people found the following review helpful.

Si quieres ahondar en los hábitos este es tu libro

By Inesdelreves

Me gusta la manera en que Gretchen Rubin expone sus investigaciones y he aprendido mucho sobre hábitos

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