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SUMMARY OF BETTER THAN BEFORE: BY GRETCHEN RUBIN INCLUDES ANALYSIS (PAPERBACK)



Instaread, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Gretchen Rubin is a successful self-help book writer, lifestyle blogger and bestselling author. In her latest book, Better than Before: Mastering the Habits of Our Everyday Lives, she unveils methods and approaches to maintain habits that can improve people s lives. Rubin roots the book in personal experiences with her own family and friends while using relevant data and studies to streamline her ideas. She...

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