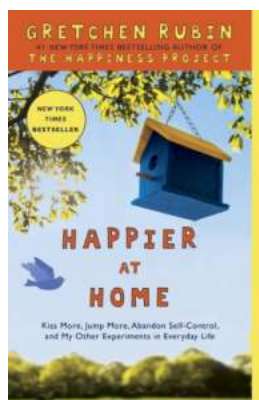


Kiss More Jump More Abandon Self Control And My Other Experiments In Everyday



Have you ever wondered what would happen if you simply let go of all your inhibitions and embraced life with complete abandon? How would it feel to break free from the chains of self-control and fully indulge in every moment?

These were the questions that haunted me for years until one day, I decided it was time to conduct a series of experiments in everyday life. With the goal of exploring the transformative power of letting go, I embarked on a journey that forever changed my perspective on life.



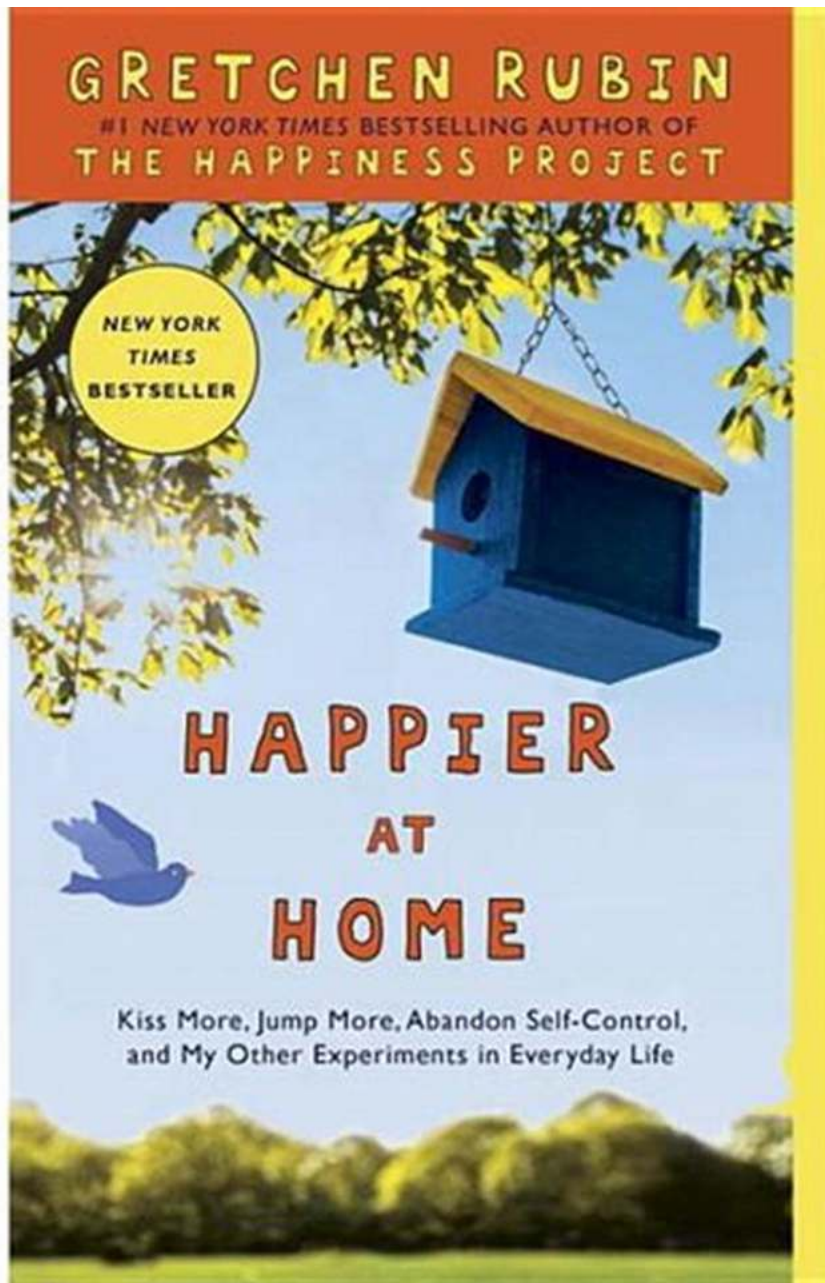
Happier at Home: Kiss More, Jump More, Abandon Self-Control, and My Other Experiments in Everyday Life by Gretchen Rubin (Kindle Edition)

★★★★☆ 4.4 out of 5

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| Language | : English |
| File size | : 5652 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 289 pages |



Experiment 1: Kiss More



The first experiment on my list was to kiss more. I wanted to see how this simple act of affection could impact my overall well-being and relationships. So, I made a conscious effort to be more affectionate with my loved ones – family, friends, and even strangers.

What I discovered was truly eye-opening. The act of kissing not only strengthened my connections with others but also brought me a profound sense

of joy and fulfillment. It reminded me of the importance of human touch and the power of expressing love openly.

Experiment 2: Jump More



The second experiment involved jumping more. I wanted to explore the impact of physical movement on my emotions and mental well-being. So, wherever I had the opportunity, I jumped – whether it was in the park, at home, or even during work breaks.

What I experienced was an incredible surge of energy and a feeling of liberation. Jumping seemed to release tension and stress, leaving me feeling lighter and happier. It reminded me of the importance of incorporating playfulness and spontaneity into my everyday routine.

Experiment 3: Abandon Self Control



Lastly, I decided to dive deep into the experiment of abandoning self-control. I wanted to challenge the limits I had set for myself and truly let go of all restrictions – whether in my actions, thoughts, or emotions.

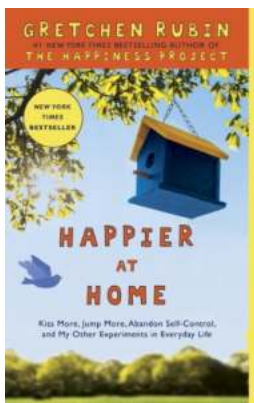
It was a daunting task at first, but as I gradually embraced this experiment, I discovered a newfound freedom within myself. I laughed louder, danced like nobody was watching, and allowed myself to feel and express every emotion without reservation.

This experiment taught me that self-control can sometimes hold us back from experiencing the full richness of life. By abandoning control, I tapped into a

wellspring of untapped potential and discovered a more authentic version of myself.

These experiments in everyday life taught me valuable lessons about the importance of living passionately and fully embracing every moment. I learned that by loosening the grip on self-control, we can unlock a world of possibilities and experience life with a renewed sense of wonder.

So, I encourage you to embark on your own experiments in everyday life. Kiss more, jump more, and don't be afraid to abandon self-control. Embrace life with complete abandon and discover the transformative power that lies within.



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In the spirit of her blockbuster #1 New York Times bestseller The Happiness Project, Gretchen Rubin embarks on a new project to make home a happier place.

One Sunday afternoon, as she unloaded the dishwasher, Gretchen Rubin felt hit

by a wave of homesickness. Homesick—why? She was standing right in her own kitchen. She felt homesick, she realized, with love for home itself. “Of all the elements of a happy life,” she thought, “my home is the most important.” In a flash, she decided to undertake a new happiness project, and this time, to focus on home.

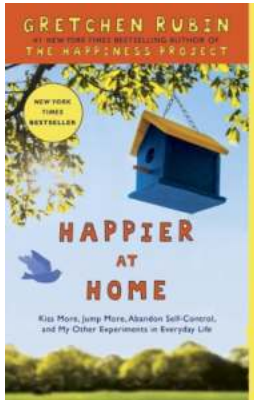
And what did she want from her home? A place that calmed her, and energized her. A place that, by making her feel safe, would free her to take risks. Also, while Rubin wanted to be happier at home, she wanted to appreciate how much happiness was there already.

So, starting in September (the new January), Rubin dedicated a school year—September through May—to making her home a place of greater simplicity, comfort, and love.

In *The Happiness Project*, she worked out general theories of happiness. Here she goes deeper on factors that matter for home, such as possessions, marriage, time, and parenthood. How can she control the cubicle in her pocket? How might she spotlight her family’s treasured possessions? And it really was time to replace that dud toaster.

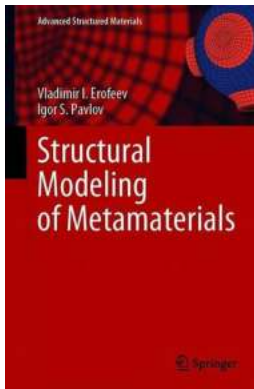
Each month, Rubin tackles a different theme as she experiments with concrete, manageable resolutions—and this time, she coaxes her family to try some resolutions, as well.

With her signature blend of memoir, science, philosophy, and experimentation, Rubin’s passion for her subject jumps off the page, and reading just a few chapters of this book will inspire readers to find more happiness in their own lives.



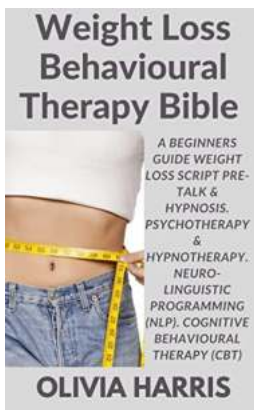
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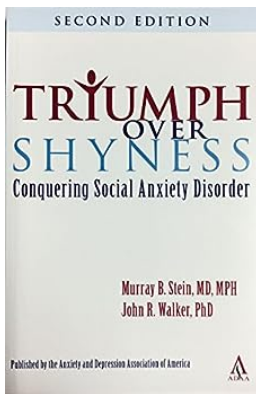
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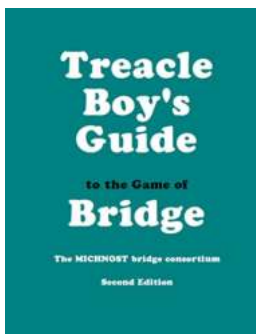
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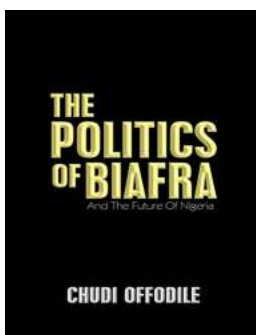
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