

Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, and Fight Right

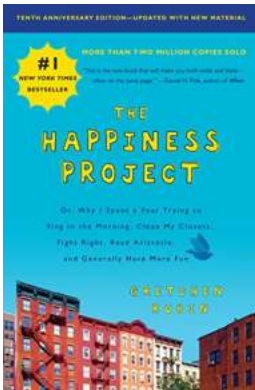


Have you ever wondered why some people seem to have everything under control while others constantly struggle with their daily routines? I definitely fell into the latter category, feeling overwhelmed and out of sync with my own life. That's when I decided to embark on a year-long journey to transform my mornings, declutter my closets, and improve communication in my relationships.

The Power of Singing in the Morning

Every morning, I would wake up and drag myself out of bed. My energy levels were low, and my mood matched. Everything changed when I discovered the incredible power of singing in the morning. I started incorporating uplifting songs

into my morning routine, and the transformation was remarkable. Not only did it boost my energy, but it also set a positive tone for the rest of the day.



The Happiness Project, Tenth Anniversary Edition: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun

by Gretchen Rubin (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2571 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 368 pages





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With each passing day, my voice grew stronger, and I found myself actually looking forward to waking up and starting my day with a song. Singing became a form of therapy, helping me release any stress or negative emotions that had built up overnight. I even started attending singing lessons and joining local choirs to further enhance this newfound joy in my life.

The Liberation of Cleaning Closets

As I began to explore different avenues of self-improvement, I realized that clutter has a direct impact on our mental and emotional well-being. My closets were overflowing with clothes, shoes, and various items I hadn't used in ages. It was time for a major decluttering session.



For an entire year, I devoted my weekends to meticulously going through each item in my closets, deciding what to keep, donate, or discard. It was a challenging process, as each piece carried memories and sentimental value. However, the liberation I felt after decluttering was indescribable.

By ridding my life of unnecessary physical baggage, I also cleared my mind. I created a minimalist space where I could easily find things, make efficient

choices, and foster a sense of calm. Plus, I donated many of my items to local charities, knowing they would find new life with someone else who needed them.

The Art of Fighting Right

One of the greatest challenges in any relationship is communication. Arguments are bound to happen, but it's how we handle them that truly matters. Throughout the year, I dedicated time and effort to learn the art of fighting right, improving the way I expressed my emotions and listened to others.



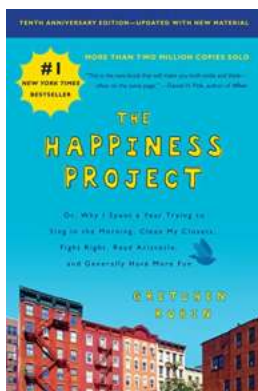
I sought professional guidance, attended couple's therapy, and read numerous books on effective communication. Slowly but surely, I changed my approach to conflicts. Instead of escalating arguments, I focused on active listening, empathy, and finding mutually beneficial solutions.

By fighting right, I found that conflicts became opportunities for growth and understanding. It strengthened my relationships, deepened connections, and nurtured a sense of teamwork. What once seemed like an insurmountable obstacle became a stepping stone towards stronger bonds.

My year of singing in the morning, cleaning my closets, and fighting right has been a transformative journey. Through these seemingly unrelated practices, I discovered the power of setting a positive tone for the day, clearing physical and mental space, and fostering healthier relationships.

If you ever find yourself struggling to find balance or searching for ways to improve your life, I encourage you to give these practices a try. Sing in the morning, declutter that closet you've been avoiding, and approach conflicts with empathy and understanding. You may be surprised at the profound impact it can have on your overall well-being.

After all, life is too short to wake up on the wrong side of the bed, struggle to find what you need, and fight in a destructive manner. Embrace these transformative practices and start living a more harmonious and fulfilling life today.



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#1 New York Times Bestseller

“An enlightening, laugh-aloud read. . . . Filled with open, honest glimpses into [Rubin’s] real life, woven together with constant doses of humor.”—Christian Science Monitor

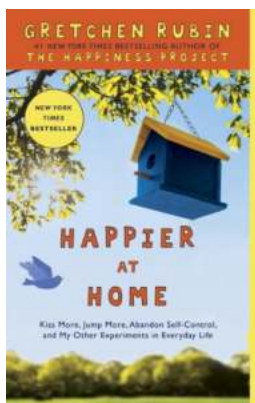
Gretchen Rubin’s year-long experiment to discover how to create true happiness. Drawing on cutting-edge science, classical philosophy, and real-world examples, Rubin delivers an engaging, eminently relatable chronicle of transformation. This special 10th Anniversary edition features a Conversation with Gretchen Rubin, Happiness Project Stories, a guide to creating your own happiness project, a list of dozens of free resources, and more.

Gretchen Rubin had an epiphany one rainy afternoon in the unlikeliest of places: a city bus. “The days are long, but the years are short,” she realized. “Time is passing, and I’m not focusing enough on the things that really matter.” In that moment, she decided to dedicate a year to her happiness project.

In this lively and compelling account—now updated with new material by the author—Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.

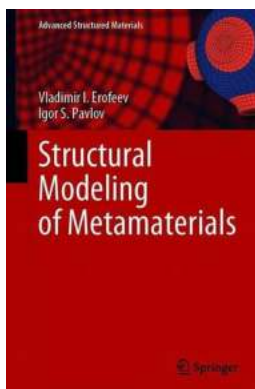
This updated edition includes:

- An extensive new interview with the author
- Stories of other people's life-changing happiness projects
- A resource guide to the dozens of free resources created for readers
- The Happiness Project Manifesto
- An excerpt from Gretchen Rubin's bestselling book *The Four Tendencies: The Indispensable Personality Profiles that Reveal How to Make Your Life Better (and Other People's Lives Better, Too)*



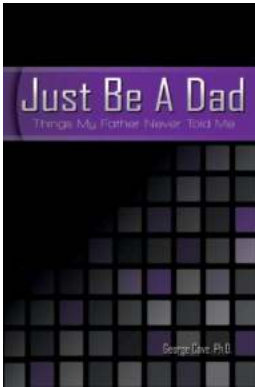
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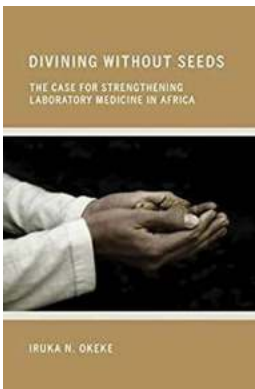
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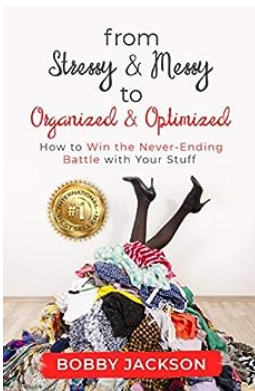
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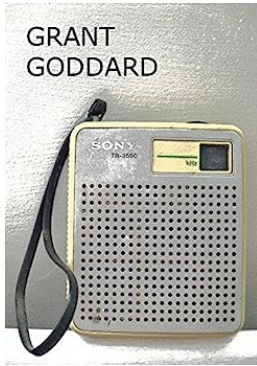
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