



# Better Than Before: A Day-by-Day Journal

*Gretchen Rubin*

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# Better Than Before: A Day-by-Day Journal

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## **Better Than Before: A Day-by-Day Journal** Gretchen Rubin

Part resource, part tool, part keepsake, this companion journal to Gretchen Rubin's *New York Times* bestselling book *Better Than Before* will guide you through the important changes in your life.

Habits are the key to all our successes and challenges in life, and there is no better way to change your habits than to track them. *Better Than Before: A Day-by-Day Journal* provides you with a year's worth of writing prompts that help you identify habits you'd like to change and strengthen habits you wish to adopt, as well as helpful quizzes and eye-opening tips on habit formation. Each weekly entry also features "habit-tracker" to mark down specific goals both big and small. As the pages fill, you'll discover your own unique path—a practical, concrete framework that helps you to understand your habits and to change them for good.

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