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AUTHOR OF *THE HAPPINESS PROJECT*

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live a fluffier
and less
silly life."
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BETTER

Than

BEFORE

WHAT I LEARNED ABOUT MAKING AND
BREAKING HABITS—TO SLEEP MORE,
QUIT SUGAR, PROCRASTINATE LESS, AND
GENERALLY BUILD A HAPPIER LIFE

"A Simple but
real change"
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Online Better Than Before Habits Procrastinate

L Darling-Hammond



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