

BOOK REVIEW

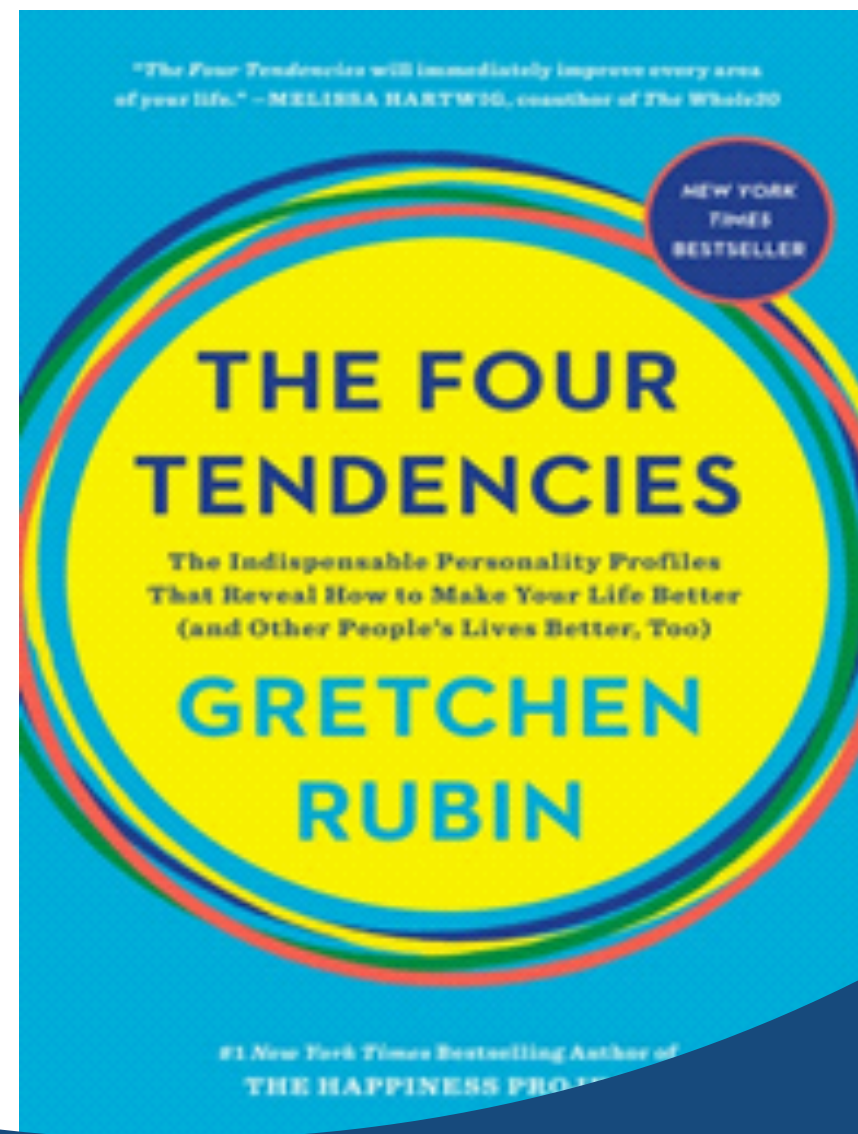


MICHAEL S.
ALPHARETTA

THE FOUR TENDENCIES

by **GRETCHEN RUBIN**

*"Why did I
do that?
Why does he
behave that way?
Why are we always
fighting? Happiness
guru Gretchen Rubin
explains some of
life's most puzzling
behaviors."*



Non-Fiction (Self-Help), Adult

Beginning with 2009's *The Happiness Project*, Gretchen Rubin has made a career of defining what it means to be happy and how to achieve it. With *The Four Tendencies*, she outlines four styles for dealing with both our inner and outer expectations. In the process, she explains why people do or don't do what is expected of them.

By taking her somewhat amusing quiz, the reader will identify whether they are an "Upholder", "Questioner", "Obligor" or "Rebel" and will have a better understanding of their behavior and of those around them. Certainly, this book would be best used in conjunction with other personality tests/materials. However, Ms. Rubin writes compellingly and convincingly in this area of study.

The Four Tendencies on Hoopla, on Libby/Overdrive

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