



GRETCHEN RUBIN

5 Things

MAKING ME HAPPY

Hello,

Announcement! I've launched a [new interview series](#), all about the Four Tendencies.

In these conversations, I sit down with award-winning journalist Ron Lieber, world-renowned chef Carla Hall, personal finance expert Ramit Sethi, and podcaster extraordinaire Jordan Harbinger to talk about the Four Tendencies framework. Each video interview reveals how an Obliger, a Questioner, an Upholder, and a Rebel have each harnessed their Tendency and found success in their own way.

Here are some highlights (see if you can guess their Tendency):

- “I thought there was great honor in doing journalism that was in direct service to people.” - Ron Lieber
- “I have a strong sense of self—what I want to do, what I don't want to do.” - Carla Hall
- “I take a lot of pride in my routines.” - Ramit Sethi
- “When you're little they don't want to hear from you, but when you're a lawyer they want you to question everything.” - Jordan Harbinger

[Click here](#) to watch the interviews.

5 things making me happy

1

In [episode 328](#) of the *Happier with Gretchen Rubin* podcast, we talked about the try-this-at-home suggestion to “Re-create something you saw on the page or on the screen.” A thoughtful listener sent me the link to the delightful YouTube channel [Binging with Babish](#). If there's a dish that you want to make but aren't sure how, you might be able to find it [there](#).

2

I've mentioned before how much I love the ice at my favorite Kansas City diner, Winstead's. A thoughtful listener sent me this [New Yorker article](#)—I was happy to read this account from someone who appreciates fine ice as much as I do.

3

I admire the work of Janet Malcolm, and I was saddened by the news of her recent death. I've also long been preoccupied with questions about the nature of biography (as my book [Forty Ways to Look at Winston Churchill](#) shows), and I'm having a Summer of Virginia Woolf, as I re-read the novels of one of my favorite authors. So I was riveted by "A House of One's Own," Malcolm's [1995 New Yorker essay](#) about the Bloomsbury group, sisters Virginia Woolf and Vanessa Bell, and the practice of biography.

4

Congratulations to my friend, the brilliant Esther Perel. She has two terrific podcasts ([Where Should We Begin?](#) and [How's Work](#)), is the author of two great books ([Mating in Captivity](#) and [The State of Affairs](#)), she still sees patients, and if that's not enough, during the pandemic period, she created...a game! I was lucky enough to see it before it was officially released. It's called "[Where Should We Begin—A Game of Stories](#)" and it's "designed to introduce playfulness and storytelling into your next date, dinner party, or intimate get-together. Stories are the building blocks of relationships and Ester Perel designed the deck to bring out the storyteller in you." It's beautiful to look at and handle, extremely thought-provoking—and fun! I've [pre-ordered my own game](#) and can't wait to play with the people in my life.

5

I love learning the precise name of something. A stinger, I just discovered, is a very short musical phrase used to signal the end of a scene or section, to help with transition, or to indicate a commercial break, in a TV show, movie—or podcast! A bumper is slightly longer, say for an intro and outro.

Update

I joined [The Best Advice Show](#) to discuss the issue of "drift," and how we know when we're drifting. Short and sweet—just six minutes. [Listen here](#). And if you'd like to take a quiz to find out whether you might be caught in drift, [click here](#).

“

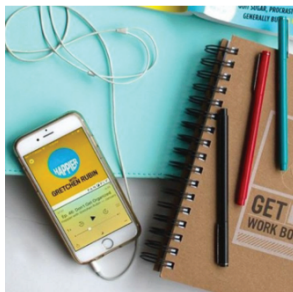
I am a great believer in the seasons. Even here in my own world, I have no relish for sweet corn in January or strawberries in November.

- PEARL S. BUCK

My Several Worlds

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*Fail small,
not big.*

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Gretchen Rubin Media 1202 Lexington Ave #127 New York, NY 10028