

# Personal Development Q and A with Gretchen Rubin

How Simple Habits and Routines Can Create Positive Work-Life Balance

Gretchen Rubin, author of the Happiness Project mentions interesting research as she outlines a number of simple, fresh tips and strategies for a peaceful life.

Dee Adams is the author of  
**Finding Your Niche: Discover...**  
<https://nichecreativity.com/finding-your-niche-ebook/>