

**EPISODE 159****[INTRODUCTION]**

FT: Welcome back to So Money everyone. Greatest Hits Week! I'm your host Farnoosh Torabi. Today's episode originally aired on March 18th. It features Gretchen Rubin, an inspirational best selling author. Gretchen started her career in law and was clerking at the Supreme Court when she realized, "You know what, I just really wanna be a writer!" So she did it. She became a writer. She's been one of the most thought-provoking and influential writers on habits and happiness of our time. You may know her first book very well. She's the author of several books, but her first was a New York Times best seller, "The Happiness Project". It is based on the year in Gretchen's life which she spent experimenting about how to be happier.

She's out with a brand new book! Earlier this spring she published "Better Than Before: Mastering the Habits of Our Everyday Lives". Now if you're someone who's interested in psychology - the psychology of money in particular - and learning more about yourself and why you do what you do when it comes to money, you're gonna really like this episode. Gretchen has a lot research and personal stories to share.

Three takeaways from our interview: The 4 human tendencies we all should be aware of, and the tendency quiz that you can take on Gretchen's website that will help you learn about yourself. I took it, it was very eye-opening. Why degree of temptation and your personality matter when establishing new habits. And how to know whether you're a classic under-buyer or over-buyer, and which one is Gretchen.

Once again, my interview with Gretchen Rubin.