

71 Ways to Bust Your Rut Now

Hurl yourself out of your comfort zone and into a brave new world where style, substance and unmitigated badassery abound. The rut busting starts here

by the MORE editors

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SMILE

The physical act
can trick your brain's
neurotransmitters
into thinking you're
happy.

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Source: Karen Amster-Young, co-author of [The 52 Weeks](#).

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