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A lifelong nonbeliever, he 7 hrs and 50 mins. Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable.

10% Happier: How I Tamed the Voice in My Head, Reduced ...

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found a Self-Help That Actually Works Audible Audiobook – Unabridged. Dan Harris (Author, Narrator), HarperAudio (Publisher) 4.6 out of 5 stars 2,979 customer reviews.

Amazon.com: 10% Happier: How I Tamed the Voice in My Head ...

Lively . . . part reporting, part personal experience . . . By letting us hear the voice in his head - before and after he starts meditating—Harris makes a convincing case that if he can do it, we can, too. 10% Happier is a spiritual adventure from a master storyteller. Mindfulness can make you happier.

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This is a FlashNotes Book Summary of 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works A True Story by Dan Harris

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found

10% Happier takes listeners on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

10% Happier (Audiobook) by Dan Harris | Audible.com

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable

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voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out.

10% Happier: How I Tamed the Voice in My Head, Reduced ...

- Gretchen Rubin, author of The Happiness Project. 10% HAPPIER is hands down the best book on meditation for the uninitiated, the skeptical, or the merely curious. . . . an insightful, engaging, and hilarious tour of the mind's darker corners and what we can do to find a bit of peace.

10% Happier - Dan Harris - Hardcover - harpercollins.com

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works - A True Story by Dan Harris After a televised panic attack, Dan Harris found himself on an adventure involving a

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10% Happier: How I Tamed the Voice in My Head, Reduced ...

10% Happier NPR coverage of 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-help That Actually Works: A True Story by Dan Harris.

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The following is excerpted from "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story," by ABC's Dan Harris.

Book Excerpt: ABC's Dan Harris' '10% Happier: How I Tamed ...

(Audiobooks) 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works (By-Dan Harris)