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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 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 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.

Book Excerpt: ABC's Dan Harris' '10% Happier' - ABC News

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 Description
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.

Editions of 10% Happier: How I Tamed the Voice in My Head ...

- 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

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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

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.

Ten Percent Happier: Mindfulness Meditation Courses with ...

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.

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

10% Happier author Dan Harris talks with meditation pioneers, celebrities, scientists, and health experts about training our minds. LISTEN NOW. THE BLOG. Entertaining, insightful articles that will help you live a happier, more resilient, and more connected life. READ MORE. Introduction. Download. Feelings. Teachers. Testimonials. Press. Media ...

10% Happier Revised Edition: How I Tamed the Voice in My ...

Lively . . . part reporting, part personal experience . . . By letting us hear the voice

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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.

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 Self-Help That Actually Works—A True Story by Dan Harris // Book Summary 10% Happier What if you could learn to calm your mind, relax under pressure, and de-stress your life without losing your edge?

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10 Happier How I Tamed

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.

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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. ... You mean that voice can be tamed - Sign me up!

10% happier : how I tamed the voice in my head, reduced ...

Praise For 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... Startling, provocative, and often very funny . . .

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

Turns out, the original title for 10% Happier was "The Voice in My Head is an Asshole," which is both far more amusing and a better description of the actual content of the book. Still, though, it doesn't convey the fact that the book is really a memoir of Dan Harris's life in This book was far, far better than I expected.

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10% Happier : NPR

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

10% Happier takes readers 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.

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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 Self-Help That Actually Works--A True Story. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists.

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