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## *10 Happier By Dan Harris A 30 Minute Summary How I Tamed The Voice In My Head Reduced Stress Without Losing My Edge And Found Self Help That Aclylly Works A True Story*

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

Dan Harris is the co-anchor of ABC's Nightline and the weekend editions of Good Morning America. He wrote 10% Happier, a #1 New York Times bestseller, then launched the 10% Happier podcast and an app called 10% Happier: Meditation for Fidgety Skeptics.

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

10% Happier How I Tamed the Voice in My Head, Reduced Stress Without

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*Losing My Edge, and Found Self-Help That Actually Works--A True Story.*  
by Dan Harris. On Sale: 03/11/2014

*Mindfulness Meditation: The Basics – Ten Percent Happier*

*In 10% Happier, Dan Harris describes in fascinating detail the stresses of working as a news correspondent and the relief he has found through the practice of meditation. This is an extremely brave, funny, and insightful book.*

*10 Happier By Dan Harris*

*10% Happier author Dan Harris talks with meditation pioneers, celebrities, scientists, and health experts about training our minds.*  
LISTEN NOW

*?Ten Percent Happier with Dan Harris on Apple Podcasts*

*A lot of 10% Happier is about Harris trying to be less of a jerk. Among his other journalistic accomplishments, which include more than a few in-country assignments in hot-fire war zones, hosting gigs on Good Morning America and Nightline, and scoring interviews with some very scary people, Harris is known for a live on-camera meltdown that was seen only by close family members, Dan Harris is a bit of a jerk.*

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*Ten Percent Happier with Dan Harris Podcast - ABC Audio*

*Part 1: How an on-air panic attack led ABC's Dan Harris to dive into America's self-help subculture. Part 2: ABC's Dan Harris explains how meditation has helped stop his emotions from running wild.*

*Podcast with Dan Harris - Ten Percent Happier*

*10% Happier (The Book) In his #1 New York Times Bestselling book 10% Happier. ABC News anchor Dan Harris explores how his on-air panic attack in 2004 prompted him to search for a way to defang the voice in his head. He found meditation, and it's helped him be less yanked around by his emotions.*

*Learn Meditation in 5 Minutes with Dan Harris*

*In his #1 New York Times bestseller, 10% Happier, ABC news anchor Dan Harris explores how his on-air panic attack in 2004 prompted him to search for a better way to deal with the voice in his head and be less yanked around by his emotions.*

*Meditation for Fidgety Skeptics: A 10% Happier How-to Book ...*

*See more of Dan and 10% Happier's amazing teachers by downloading the 10% Happier App. ... Learn Meditation in 5 Minutes with Dan Harris Ten*

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Percent Happier ... '10% Happier with Dan Harris' with ...

*10% Happier: How I Tamed the Voice in My Head, Reduced ...*  
Dan Harris makes a huge contribution to the field of mindfulness meditation in *10% Happier*. In a way that only a former war correspondent and Nightline news anchor could, Harris has created a lens to look at the phenomenon of mindfulness with a kind of sharpness that is unparalleled in popular or academic literature on this subject.

*The Long Journey to Becoming '10% Happier'*

This was an insight that immediately made me at least 10% happier! I believe that with this book Dan Harris succeeds to not only build an important bridge between two worlds that have seemed far apart and somewhat incompatible, the professional world and spiritual world, but he also brings a unprecedented freshness and clarity to the latter.

*10% Happier - Dan Harris - Hardcover*

*Books by Ten Percent Happier* Dan Harris is the co-anchor of ABC's Nightline and the weekend editions of Good Morning America. He wrote *10% Happier*, a #1 New York Times bestseller, then launched the Ten Percent Happier podcast and co-founded the Ten Percent Happier app.

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*10% Happier: How I Tamed the Voice in My Head, Reduced ... Ten Percent Happier Podcast with Dan Harris. An ABC Radio Podcast available for free on: Apple Podcasts | Google Podcasts ... Leave Dan (or a meditation teacher) a voicemail. ... 10% Happier Podcast Player. Hero Video. Press Podcast Page. Other Episodes. Engage with the Show . APP. PODCAST.*

*?10% Happier: Meditation on the App Store*

*Dan Harris is a fidgety, skeptical ABC newsman who had a panic attack live on Good Morning America, which led him to something he always thought was ridiculous: meditation. He wrote the bestselling book, "10% Happier," started an app -- "10% Happier: Meditation for Fidgety Skeptics" -- and now, in this podcast, Dan talks with smart people about ...*

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

*"In 10% Happier, Dan Harris describes in fascinating detail the stresses of working as a news correspondent and the relief he has found through the practice of meditation. This is an extremely brave, funny, and insightful book.*

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*Ten Percent Happier: Mindfulness Meditation Courses with ...*

*"In 10% Happier, Dan Harris describes in fascinating detail the stresses of working as a news correspondent and the relief he has found through the practice of meditation. This is an extremely brave, funny, and insightful book.*

*Amazon.com: 10% Happier Revised Edition: How I Tamed the ...*

*Meditation podcast from ABC News anchor Dan Harris, author of the bestselling book "10% Happier." New episodes every week and free guided meditations.*

*Dan Harris Books – Ten Percent Happier*

*?Dan Harris is a fidgety, skeptical ABC newsman who had a panic attack live on Good Morning America, which led him to something he always thought was ridiculous: meditation. He wrote the bestselling book, "10% Happier," started an app -- "10% Happier: Meditation for Fidgety Skeptics" -- and now, in...*

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