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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

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Eventually, Harris realized that the source of his problems was the very thing he

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always thought was
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Reduced Stress the incessant,

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My Edge And his head, which

Found A Selfhelp had propelled him

That Actually Works through the ranks

of a

hypercompetitive

business, but had

also led him to

make the

profoundly stupid

decisions that

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provoked his on-air
freak-out.

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That Actually Works
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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Nightline anchor
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Dan Harris
Reversed Stress
embarks on an
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discovers a way to
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truly achievable.

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of America's
spiritual scene, and
leaves them with a
takeaway that
could actually
change their lives.

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