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# 10% Happier: How I Tamed The Voice In My Head, Reduced Stress Without Losing My Edge, And Found A Self-Help That Actually Works

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

WRITTEN AND READ BY  
DAN HARRIS



## Synopsis

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. After having a nationally televised panic attack on Good Morning America, Dan Harris knew he had to make some changes. 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. 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 both propelled him through the ranks of a hyper-competitive business and also led him to make the profoundly stupid decisions that provoked his on-air freak-out. We all have a voice in our head. It's what has us losing our temper unnecessarily, checking our email compulsively, eating when we're not hungry, and fixating on the past and the future at the expense of the present. Most of us would assume we're stuck with this voice that there's nothing we can do to rein it in but Harris stumbled upon an effective way to do just that. It's a far cry from the miracle cures peddled by the self-help swamis he met; instead, it's something he always assumed to be either impossible or useless: meditation. After learning about research that suggests meditation can do everything from lower your blood pressure to essentially rewire your brain, Harris took a deep dive into the underreported world of CEOs, scientists, and even marines who are now using it for increased calm, focus, and happiness. 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.

## Book Information

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## Customer Reviews

I just finished reading 10% happier, and I really wanted to like it. I didn't. Here is why:- If you are someone who is actually seeking advice on meditation technique, DO NOT buy this book. Even if you are a type-A, work-in-high-stress-situations-type, you would benefit much more from an author such as Jack Kornfield, who actually gives you undiluted Buddhist technique written in an incredibly user-friendly way. Jack gives you clear directions and rationale for why certain meditation techniques work. You'll try a few and see which ones work for you, and not use the rest. This book does not give you meditation instruction that works universally.- The book ends with a a list of mindfulness "how-to's." The problem with this list is that, unlike the list of a truly experienced meditator who has the ability to distill really hard stuff into universally applicable guidance, Dan's list is HIS list. It didn't resonate for me. "Don't be a jerk" - that's not something that'll pop up in my head when someone is cutting me off on the highway. "Hide the Zen." "Meditate." (Seriously??) "The price of security is insecurity" - this is something of a Harris family catchphrase, but has absolutely zero meaning to me. Reading this book versus, say, The Joy of Living is akin to the experience of going to an university-level calculus class that's taught by the best professor in the school versus a crappy TA. A great teacher can boil really, really hard stuff down to a level that anyone can enjoy. A bad TA has you falling asleep in your chair. This book was written by the TA.- A massive amount of this story is about how Dan Harris found Buddhism.

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