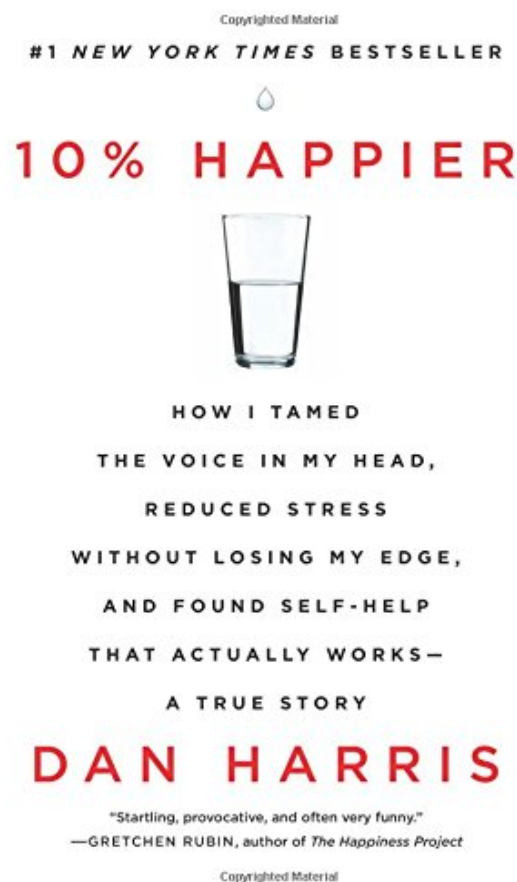


# 10% HAPPIER: HOW I TAMED THE VOICE IN MY HEAD, REDUCED STRESS WITHOUT LOSING MY EDGE, AND FOUND SELF-HELP THAT ACTUALLY WORKS--A TRUE STORY



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## DAN HARRIS

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—GRETCHEN RUBIN, author of *The Happiness Project*

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From the mix of expertise and also activities, a person can boost their ability and also capacity. It will lead them to live and also work much better. This is why, the pupils, employees, or perhaps companies should have reading habit for books. Any kind of book *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* will give specific understanding to take all perks. This is what this *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* tells you. It will add even more knowledge of you to life as well as function better. [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](#), Try it as well as verify it.

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Winner of the 2014 Living Now Book Award for Inspirational Memoir

After having a nationally televised panic attack, 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 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.

Eventually Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 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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- Released on: 2014-12-30
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .58" w x 5.31" l, .0 pounds
- Binding: Paperback
- 256 pages

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#### Most helpful customer reviews

376 of 421 people found the following review helpful.

A Gem

By Casey Ellis

Well, I \*have\* read the book--got it on my Kindle a few minutes after 9 p.m., read til midnight and finished it this morning. Harris is funny, self-deprecating and one hell of a writer. I've been interested in Buddhism and mindfulness since a trip to Burma last year but did nothing concrete towards pursuing a practice. Now I am enthused and confident that I see how to begin. And, more importantly, how to continue when the going gets challenging. I wish I had more stars to give.

634 of 752 people found the following review helpful.

This book reads like a meditation journal.

By queso7

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 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. In the meantime, he tries drugs and speaks to a few uber-religious pastor-types and spiritual "gurus." This next sentence will save you 85 pages of reading: if you already know you don't like organized religion, don't take advice from leaders of organized religion, or anyone who calls him/herself a guru. If you are truly type A, you would probably not want to wade through 85 pages just to get to this point.

If you want real meditation advice, or are wading into 'spiritual' waters, here are some of the books that have worked for me (an overly driven and anxious individual who turned to meditation to calm the - down):

Anything by Jack Kornfield, but A Path with Heart stands out (for a meditation beginner, this book stands out)

The Joy of Living, Yongey Rinpoche Mingyur / Eric Swanson (not as much technique, but a solid read and incorporates research findings)

The Heart of Yoga, Desikachar (getting more into yoga, but yoga philosophy and meditation are fundamentally linked... this book can also give you a nice alternative in case vipassana Buddhist meditation is not your thing).

61 of 72 people found the following review helpful.

Thanks, Dan Harris, for a well-done book

By Carol

People who have not read books should not be reviewing them! . Good for Dan who is willing to share a moving and authentic journey. Very funny and so well written. I admire this guy and kind of envy him.

Thanks for all your hard found wisdom!

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