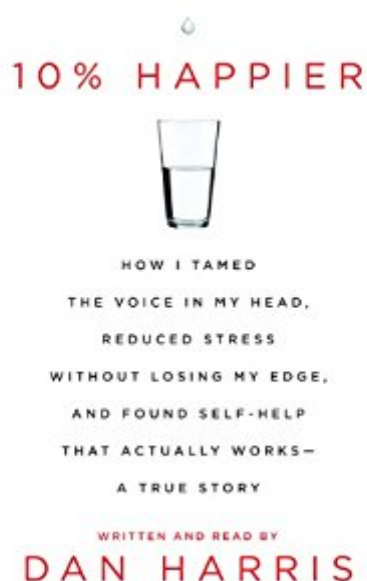


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# 10% Happier: How I Tamed The Voice In My Head, Reduced Stress Without Losing My Edge, And Found A Self-Help That Actually Works



## 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 don't watch a lot of network television, so I had no idea who Dan Harris was. It turns out he is a delightful storyteller and that we both share a strong interest in mindfulness. This is more memoir than anything else. I was entertained, certainly, but I also thought it had substance to it. I am glad I bought it, I plan to check out the books he recommends, and I may very well read it again sometime.

This was the book I needed to jump start my program. Very readable and relateable.

For anyone who has ever thought about approaching the practice of meditation and mindfulness, but not knowing where to start.....this is the absolute perfect book written from the heart of someone, like most of us, have sat on a yoga mat and rolled their eyes a time or two. Dan Harris has shared his intriguing journey of discovering meditation through his laugh out loud and "ah-ha" moments we have all experienced. Reading the evolution of a soul who has openly gone from being brash to balanced is an amazing trip that will leave you thinking and wanting more.....

I could not put this book down. Dan Harris takes an esoteric subject like meditation and with great humor and a little much needed but good natured irreverence makes it accessible and kind of something that you have to have in your life. I will be revisiting this book often to get on the meditation track when I inadvertently fall off. I just kept thinking, "Wow, I want this. I NEED this." Such a great and hilarious read.

If you want to find answers to truly profound questions, one way to do it is to approach it as an investigative reporter would: dig, and don't stop until you're satisfied. That's what ABC news anchor Dan Harris does in 10% Happier, and he takes us with him from panic and consuming insecurity to, finally, peace of mind. We're right beside him all the way, sharing his cynical observations, tuning into his unrelenting worry (about his career, his hairline, his future prospects as a flophouse resident in Duluth), and then sharing his curiosity about how the mind works and what we can do about it. He manages to climb out of the mindpit of worry and irritation eventually by becoming something

he's been disparaged for decades: a meditator. This book is for anyone who's ever wondered whether meditation works, who would like to know how to get there from here, and who's stood on the outside looking in long enough. Dan Harris takes you way inside the discovery, and it's a wonderfully written, candid, intimate story.

After reading this book I'm mad at myself for putting it off so long. I really enjoyed Dan's story. If you're a skeptic of mindfulness meditation, this is a great book to read. This is a true story about a skeptic's journey with mindfulness. If you're already a believer, this will give you a great look into a skeptic's mind. HIGHLY RECOMMEND!!!

A well-written, funny, self-depreciatory account of anxiety and a panic attack that led Harris to seek relief through spirituality. Along the way he debunks charlatans like Depak Chopra while looking for practical calming effects in meditation. He immerses himself in Buddhism and realizes that it is really just "advanced common sense" for dealing with the stresses of life, rather than a religion, and that its major tenants are already expressed in the Bible. The "Meta" is what Christians know as loving your neighbor as yourself. The "Wound" of existence is the Fall and Sin. "Desire" and the "imperminence" of all things is what the Bible calls the struggle of our two natures, spiritual and physical, and the vanity of life. Harris sees Buddhism for what it is and what it is not, but accepts the scientifically proven benefits of meditation without the pseudo-religious new age trappings that often turn people away from practical help.

Dan Harris has written a quirky, enlightening and no nonsense approach to the practice of meditation. I have been meditating since college and I agree with Dan, the best way to get started is with a simple five minutes a day and just focus on breathing in and out. Yes, it's that simple, but wait: be prepared for tons of distractions which one will have to overcome, avoid, blot out, ignore, recognize and just let them come and go, as one continues the breathing process. No mantras are required to this approach, nor any fancy/smancy sand script language we westerners would have no clue about understanding or pronouncing. Leave the well known swami, best seller methods at the door step too. Simplicity is the key to starting, continuing and following through and eventually becoming at least, if not more than "10% Happier: ...taming those voices in your head, reducing stress and a whole lot more...." I thank you, Dan Harris, for such sage advice which you've given your readers and in such an impactful, easy-to-understand method. I also thank you for a peek into

your head and the voices which you have tamed over the years in the stressed-filled world of network television. I've been there, done that too. Meditation is not rock science. It's something all of us can do. Skeptics, give it a shot. You'll see what a difference it can make in your lives. Appreciate the helpful and informative epilogue with various book suggestions for further references on meditation. These tied the subject together nicely and I noticed some of the authors were fellow colleagues, friends and specialists in various approaches to the subject.

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