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### 10 Happier How I Tamed The Voice In My Head Reduced Stress Without Losing My Edge And Found Self Help That Aclyly Works A True Story

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This is a summary of Dan Harris' 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 and 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.

~~Dan Harris' 10% Happier: How I Tamed The Voice in My Head ...~~

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10% Happier (Paperback) How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story. By Dan Harris. Dey Street Books, 9780062265432, 256pp. Publication Date: December 30, 2014. Other Editions of This Title: Digital Audiobook (3/10/2014) Compact Disc (3/11/2014)

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[10% HAPPIER] will convince even the most skeptical reader of meditation's potential. Gretchen Rudin This brilliant, humble, funny story shows how one man found a way to navigate the non-stop stresses and demands of modern life and back to humanity by finally learning to sit around doing nothing.

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