

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 By Dan Harris

By Dan Harris

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Apr 07, 2014 My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True 10% Happier: How I Tamed the Voice in My Head,

<http://www.foxnews.com/health/2014/04/08/make-your-life-10-percent-happier-with-meditation/>

Mar 10, 2014 Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True 10% Happier: How I Tamed the Voice in My Head,

<http://abcnews.go.com/Health/book-excerpt-abcs-dan-harris-10-happier-tamed/story?id=22850949&page=2>

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http://news.yahoo.com/blogs/beyond-the-headline-abc-news/meditation-10-happier-215550971.html;_ylt=AwrBT.VG.bIVNc8AYBNXNy0A;_ylu=X3oDMTBzbGVuODhpBGNvbG8DYmYxBHBvcwMxMQR2dGkAwRzZWMDc3I-

Nightline anchor Dan Harris embarks on an How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works A

<https://www.overdrive.com/media/1420403/10-happier>

Dan Harris Gretchen Rubin Gretchin Rubin interviews Dan Harris about 10% Happier I met Dan Harris when a mutual friend suggested that we d enjoy talking about

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<http://www.barnesandnoble.com/w/10-happier-dan-harris/1117502820?ean=9780062265425>

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How to Be 10% Happier. A Revolution in Mental Hygiene . Post published by William Irwin Ph.D. on Apr 09, 2014 in Plato on Pop. SHARE; TWEET; SHARE; EMAIL

<https://www.psychologytoday.com/blog/plato-pop/201404/how-be-10-happier>

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<http://www.usatoday.com/story/news/nation/2014/04/02/dan-harris-meditation-10-happier/7003921/>

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