

# 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

Apr 01, 2014 Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works A True Story. "10% Happier" by Dan Harris

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

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<http://www.booksamillion.com/p/Happier/Dan-Harris/9780062265425>

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.harpercollins.com/books/9780062265425>

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.npr.org/books/titles/291847527/10-happier-how-i-tamed-the-voice-in-my-head-reduced-stress-without-losing-my-edg>

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

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

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Mar 10, 2014 Initially I wanted to call this book "The Voice in My Head Is an A-----e." However, that title was deemed inappropriate for a man whose day job requires  
<http://abcnews.go.com/Health/book-excerpt-abcs-dan-harris-10-happier-tamed/story?id=22850949>

10% HAPPIER. How I Tamed the Voice in My Head, After a 10-day retreat, chronicled in the book s most entertaining section,  
<https://www.kirkusreviews.com/book-reviews/dan-harris/10-happier/>

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,  
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