

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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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

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<https://kindle.amazon.com/work/10%2525-happier-self-help-actually-works--a-ebook/B00FJ463PI/B00FJ376CS/posts>

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

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