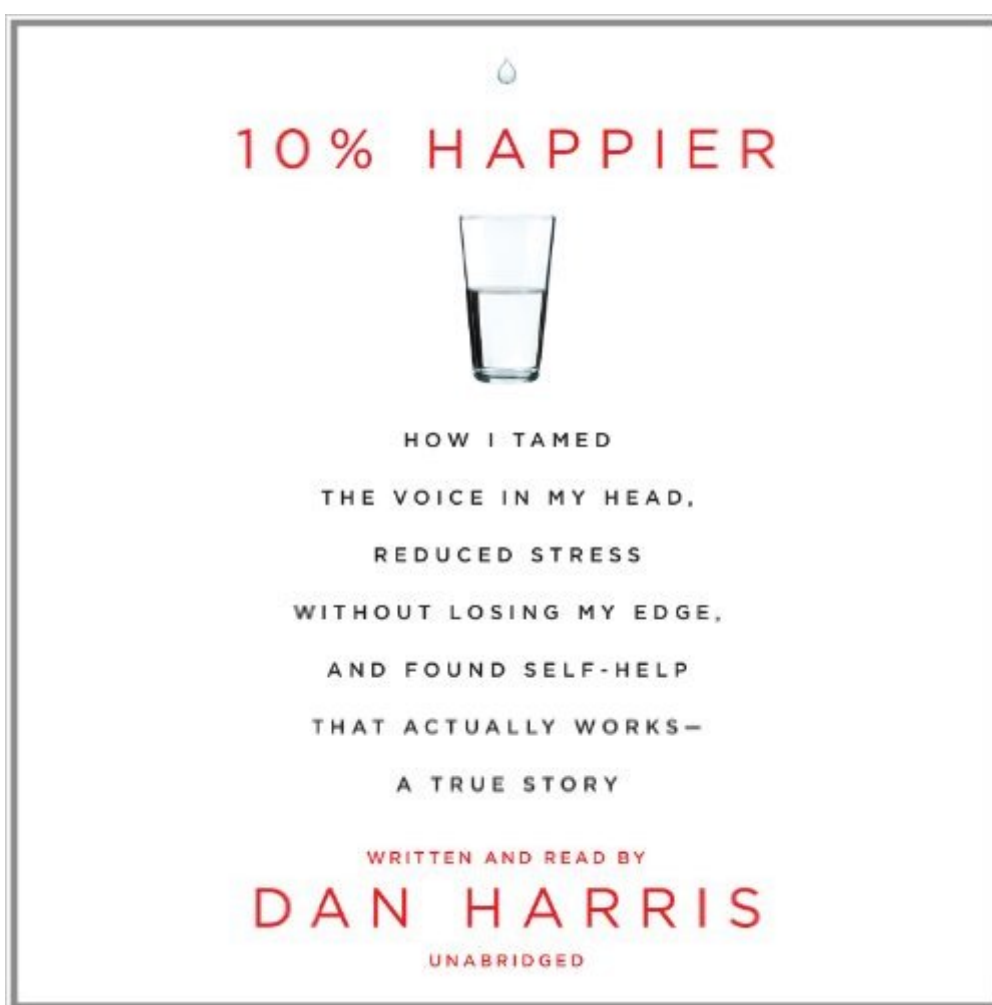


The book was found

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



Synopsis

[*Read by the author - Dan Harris]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. -- 10% Happier takes readers 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. -- 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 hypercompetitive 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.

Book Information

Audio CD: 1 pages

Publisher: HarperCollins and Blackstone Audio; Unabridged edition (March 11, 2014)

Language: English

ISBN-10: 1482996502

ISBN-13: 978-1482996500

Product Dimensions: 5.3 x 0.8 x 5.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2,241 customer reviews)

Best Sellers Rank: #488,835 in Books (See Top 100 in Books) #168 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #172 in [Books > Books on CD > Health, Mind & Body >](#)

Customer Reviews

I just finished reading 10% happier, and I really wanted to like it. I didn't. Here is why:- If you are someone who is actually seeking advice on meditation technique, DO NOT buy this book. Even if you are a type-A, work-in-high-stress-situations-type, you would benefit much more from an author such as Jack Kornfield, who actually gives you undiluted Buddhist technique written in an incredibly user-friendly way. Jack gives you clear directions and rationale for why certain meditation techniques work. You'll try a few and see which ones work for you, and not use the rest. This book does not give you meditation instruction that works universally.- The book ends with a list of mindfulness "how-to's." The problem with this list is that, unlike the list of a truly experienced meditator who has the ability to distill really hard stuff into universally applicable guidance, Dan's list is HIS list. It didn't resonate for me. "Don't be a jerk" - that's not something that'll pop up in my head when someone is cutting me off on the highway. "Hide the Zen." "Meditate." (Seriously??) "The price of security is insecurity" - this is something of a Harris family catchphrase, but has absolutely zero meaning to me. Reading this book versus, say, The Joy of Living is akin to the experience of going to an university-level calculus class that's taught by the best professor in the school versus a crappy TA. A great teacher can boil really, really hard stuff down to a level that anyone can enjoy. A bad TA has you falling asleep in your chair. This book was written by the TA.- A massive amount of this story is about how Dan Harris found Buddhism.

[Download to continue reading...](#)

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
10% Happier: How I Tamed the Voice in My Head, Reduced Stress without Losing My Edge, and Found a Self-Help That Actually Works--A True Story
10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found a Self-Help That Actually Works
Buddha's Diet: The Ancient Art of Losing Weight Without Losing Your Mind
Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1)
Produced by Faith: Enjoy Real Success without Losing Your True Self
Creepie Crawlies Without Stress: Rolling Voice Adult Colouring Books (Anti Stress Book 1)
The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help)
Sell with Soul: Creating an Extraordinary Career in Real Estate without Losing Your Friends, Your Principles or Your Self-Respect
Team of One: Get the

Sales Results of a Full Time Sales Team Without Actually Having One Double Your Business: The Entrepreneur's Guide To Double Your Profits Without Doubling Your Hours So That You Can Actually Enjoy Your Life
Lupus Underground: A Patient's Case for a Long-Ignored, Drug-Free, Non-Patentable, Counter-Intuitive Therapy That Actually Works - UVA1 Phototherapy
Minecraft Pocket Maps: 50 Amazing Seeds That Actually Works for Pocket Edition (Unofficial Minecraft PE guide) (Minecraft Pocket Edition Handbook Book 3)
Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier
Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out
The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series)
Mandala Adult Coloring Book
Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups,
Anti-Stress Art Therapy, Stress Relieving Flower Patterns
Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief
Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1)
Johanna Lindsey CD Collection 6: The Heir, The Devil Who Tamed Her, A Rogue of My Own
The Devil Who Tamed Her (Reid Family Series)

[Dmca](#)