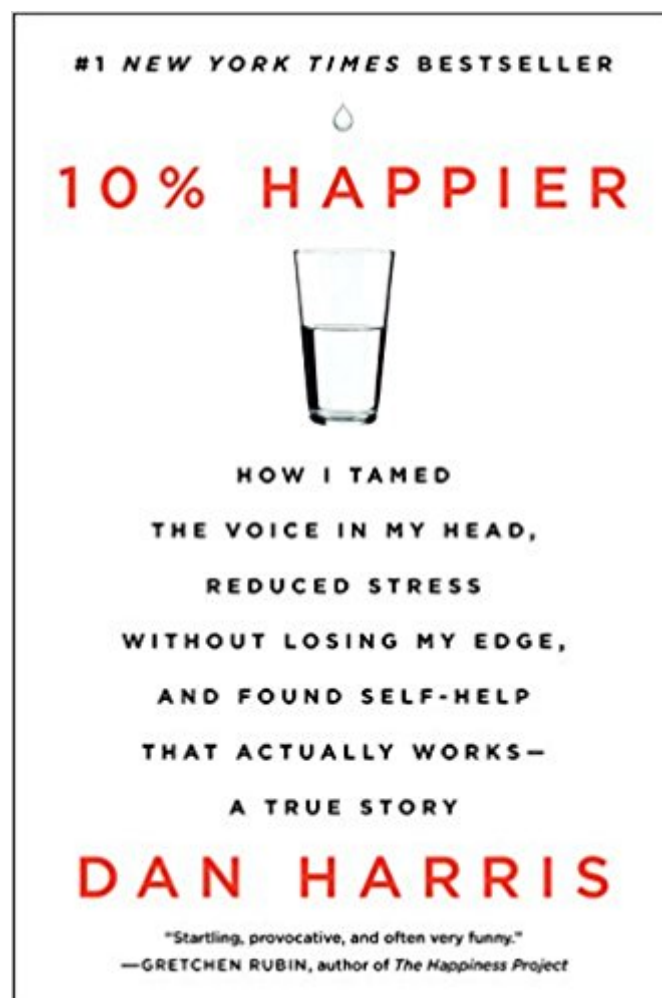


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# 10% Happier: How I Tamed The Voice In My Head, Reduced Stress Without Losing My Edge, And Found Self-Help That Actually Works--A True Story





## Synopsis

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. 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 propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Eventually Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 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.

## Book Information

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## Customer Reviews

Harris had the ambition and drive to rise to ABC News television anchor. He'd felt the "journalistic heroin" of reporting from war zones, anchored national broadcasts, and even recovered from cocaine addiction. But he also had a voice in his head, the same voice most of us wrestle with, constantly second-guessing him. If he could only quiet that voice, he'd be happier and less stressed. Harris was already covering the religion beat when he veered off on a personal journey to find answers beyond the self-help gurus. Along the way, he talked to Eckhart

Tolle, Deepak Chopra, a host of Jewish Buddhists, and even the Dalai Lama before reluctantly trying meditation. Approaching it with all the skepticism of a reporter, Harris checked out the neurological research and learned that meditation was being used in the corporate and military arenas to heighten focus and clarity. After going on a meditation retreat, he ultimately found the balance he sought between ambition and inner peace. In this brave, completely engaging, and often hilarious book, Harris achieves his aim of demystifying meditation. --Vanessa Bush --This text refers to an alternate Paperback edition.

Startling, provocative, and often very funny . . . [10% HAPPIER] will convince even the most skeptical reader of meditation's potential. (Gretchen Rubin, author of *The Happiness Project*) 10% HAPPIER is hands down the best book on meditation for the uninitiated, the skeptical, or the merely curious. . . . an insightful, engaging, and hilarious tour of the mind's darker corners and what we can do to find a bit of peace. (Daniel Goleman, author of *Emotional Intelligence and Focus*) The science supporting the health benefits of meditation continues to grow as does the number of Americans who count themselves as practitioners but, it took reading 10% HAPPIER to make me actually want to give it a try. (Richard E. Besser, M.D., Chief Health and Medical Editor, ABC News) An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation that offers new insights as to how this ancient practice can help modern lives while avoiding the pitfall of cliché. This is a book that will help people, simply put. (Elizabeth Gilbert, author of *Eat, Pray, Love*) 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. (Colin Beavan, author of *No Impact Man*) In 10% Happier, Dan Harris describes in fascinating detail the stresses of working as a news correspondent and the relief he has found through the practice of meditation. This is an extremely brave, funny, and insightful book. Every ambitious person should read it. (Sam Harris, author of *The End of Faith*) A compellingly honest, delightfully interesting, and at times heart-warming story of one highly intelligent man's life-changing journey towards a deeper understanding of what makes us our very best selves. As Dan's meditation practice deepens, I look forward to him being at least 11% happier, or more. (Chade-Meng Tan, author of *Search Inside Yourself*) 10% Happier is a spiritual adventure from a master storyteller. Mindfulness can make you happier. Read this to find out how. (George Stephanopoulos) Part-science, part-memoir, and part self-help, Harris outlines specific ways he learned to, well, chill the f#%k out. (GQ) A self-help guide even skeptics will embrace . . . Harris crushes stereotypes about meditation and recounts how it slashed his stress

and quieted his anxious mind. (Parade)Revealing . . . IÃ¢â¬â¢d recommend this to anyone. (USA Today, Pop Candy)Harris never loses his sense of humor as he affably spotlights one manÃ¢â¬â¢s quest for internal serenity while concurrently navigating the slings and arrows of a hard-won career in the contemporary media spotlight. Friendly, practical advocacy for the power of mindfulness and enlightenment. (Kirkus)HarrisÃ¢â¬â¢s journey of discovery brought back lessons for all of us about our lives, too. (Diane Sawyer)Lively . . . part reporting, part personal experience . . . By letting us hear the voice in his head - before and after he starts meditatingÃ¢â¬â¢ Harris makes a convincing case that if he can do it, we can, too. (Richmond Times-Dispatch)Nightline co-anchor Dan Harris is an unlikely ambassador for mindfulness, but his new book . . . might be just the thing that gets people to unplug and recognize that all this multitasking is making us miserable and unhealthy. (xoJane)

I don't watch a lot of network television, so I had no idea who Dan Harris was. It turns out he is a delightful storyteller and that we both share a strong interest in mindfulness. This is more memoir than anything else. I was entertained, certainly, but I also thought it had substance to it. I am glad I bought it, I plan to check out the books he recommends, and I may very well read it again sometime.

This was the book I needed to jump start my program. Very readable and relateable.

For anyone who has ever thought about approaching the practice of meditation and mindfulness, but not knowing where to start.....this is the absolute perfect book written from the heart of someone, like most of us, have sat on a yoga mat and rolled their eyes a time or two. Dan Harris has shared his intriguing journey of discovering meditation through his laugh out loud and "ah-ha" moments we have all experienced. Reading the evolution of a soul who has openly gone from being brash to balanced is an amazing trip that will leave you thinking and wanting more.....

I could not put this book down. Dan Harris takes an esoteric subject like meditation and with great humor and a little much needed but good natured irreverence makes it accessible and kind of something that you have to have in your life. I will be revisiting this book often to get on the meditation track when I inadvertently fall off. I just kept thinking, "Wow, I want this. I NEED this." Such a great and hilarious read.

If you want to find answers to truly profound questions, one way to do it is to approach it as an investigative reporter would: dig, and don't stop until you're satisfied. That's what ABC news anchor Dan Harris does in 10% Happier, and he takes us with him from panic and consuming insecurity to, finally, peace of mind. We're right beside him all the way, sharing his cynical observations, tuning into his unrelenting worry (about his career, his hairline, his future prospects as a flophouse resident in Duluth), and then sharing his curiosity about how the mind works and what we can do about it. He manages to climb out of the mindpit of worry and irritation eventually by becoming something he'd disparaged for decades: a meditator. This book is for anyone who's ever wondered whether meditation works, who would like to know how to get there from here, and who's stood on the outside looking in long enough. Dan Harris takes you way inside the discovery, and it's a wonderfully written, candid, intimate story.

After reading this book I'm mad at myself for putting it off so long. I really enjoyed Dan's story. If you're a skeptic of mindfulness meditation, this is a great book to read. This is a true story about a skeptic's journey with mindfulness. If you're already a believer, this will give you a great look into a skeptic's mind. HIGHLY RECOMMEND!!!

A well-written, funny, self-depreciatory account of anxiety and a panic attack that led Harris to seek relief through spirituality. Along the way he debunks charlatans like Depak Chopra while looking for practical calming effects in meditation. He immerses himself in Buddhism and realizes that it is really just "advanced common sense" for dealing with the stresses of life, rather than a religion, and that its major tenants are already expressed in the Bible. The "Meta" is what Christians know as loving your neighbor as yourself. The "Wound" of existence is the Fall and Sin. "Desire" and the "imperminence" of all things is what the Bible calls the struggle of our two natures, spiritual and physical, and the vanity of life. Harris sees Buddhism for what it is and what it is not, but accepts the scientifically proven benefits of meditation without the pseudo-religious new age trappings that often turn people away from practical help.

Dan Harris has written a quirky, enlightening and no nonsense approach to the practice of meditation. I have been meditating since college and I agree with Dan, the best way to get started is with a simple five minutes a day and just focus on breathing in and out. Yes, it's that simple, but wait:

be prepared for tons of distractions which one will have to overcome, avoid, blot out, ignore, recognize and just let them come and go, as one continues the breathing process. No mantras are required to this approach, nor any fancy/smancy sand script language we westerners would have no clue about understanding or pronouncing. Leave the well known swami, best seller methods at the door step too. Simplicity is the key to starting, continuing and following through and eventually becoming at least, if not more than "10% Happier: ...taming those voices in your head, reducing stress and a whole lot more...." I thank you, Dan Harris, for such sage advice which you've given your readers and in such an impactful, easy-to-understand method. I also thank you for a peek into your head and the voices which you have tamed over the years in the stressed-filled world of network television. I've been there, done that too. Meditation is not rock science. It's something all of us can do. Skeptics, give it a shot. You'll see what a difference it can make in your lives. Appreciate the helpful and informative epilogue with various book suggestions for further references on meditation. These tied the subject together nicely and I noticed some of the authors were fellow colleagues, friends and specialists in various approaches to the subject.

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