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from "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 ABC's Dan Harris. Book Excerpt: ABC's Dan Harris' '10% Happier' - ABC News 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 Description Nightline anchor Dan Harris embarks on an unexpected, hilarious, and

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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 Description
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 Revised Edition: How I Tamed the Voice in My ...*
Lively . . . part reporting, part personal experience . . . By letting us hear the voice in his head - before and after he starts meditating—Harris makes a convincing case that if he can do it, we can, too. 10% Happier is a spiritual adventure from a master storyteller. Mindfulness can make you happier.