



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

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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.

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Editorial Review

From [Booklist](#)

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

Review

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 . . . I'd recommend this to anyone. (USA Today, Pop Candy)

Harris never loses his sense of humor as he affably spotlights one man'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)

Harris'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 meditating—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)

About the Author

Dan Harris is the coanchor of *Nightline* and the weekend editions of *Good Morning America*. He regularly reports for *20/20*, *World News with Diane Sawyer*, and the weekday editions of *Good Morning America*. Before joining ABC News fourteen years ago, he worked for local news outlets in Boston and Maine. He lives with his wife, Bianca, in New York City. This is his first book.

Users Review

From reader reviews:

David Conte:

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each reserve has different aim or goal; it means that reserve has different type. Some people experience enjoy to spend their a chance to read a book. These are reading whatever they get because their hobby is actually reading a book. Why not the person who don't like looking at a book? Sometime, person feel need book when they found difficult problem or exercise. Well, probably you will need this 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.

Arturo Lamb:

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