

## 10 Happier How I Tamed The Voice In My Head Reduced Stress Without Losing Edge And Found Self Help That Actually Works Dan Harris

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**10% Happier - NPR**  
In 10% Happier: How I Tamed the Voice in My Head (Audiobook), Nightline anchor Dan Harris embarks on a hilarious, surprising, and deeply skeptical odyssey via the unusual worlds of spirituality and self-help, and discovers a strategy to get happier that's actually achievable.

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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. 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 ...

**10% Happier How I Tamed the Voice in My Head, Reduced ...**  
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