

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works Book PDF Download



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

DAN HARRIS

By:
Dan Harris

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What people Say:

Dan Harris

A heartbreaking work of staggering genius.

Jason Schofield

I fucking loved this book. It's the most compelling introduction to meditation I've seen, after spending hundreds of dollars buying books on the subject. I have a therapy practice that is mindfulness-based. I often recommend informative-but-boring mindfulness-related books to people that they don't often finish. They'll almost certainly finish this one. It's terrific.

Will Byrnes

Dan Harris is a bit of a jerk. You don't have to take my word for it. He says it himself, more than once, in his book. A lot of

is about Harris trying to be less of a jerk.

Among his other journalistic accomplishments, which include more than a few in-country assignments in hot-fire war zones, hosting gigs on Good Morning America and Nightline, and scoring interviews with some very scary people, Harris is known for a live on-camera meltdown that was seen only by close family members,

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This is a road trip of self-discovery tale, and the path Harris takes is extremely interesting. Of course the self he discovers is still a self-centered jerk, but a jerk who can really, really tell a story, fill it with fascinating, meaningful information, add in considerable dollops of LOL humor, much at his own expense, and emerge with what, for himself and many others, is a life-changing way of going about his life.

- photo from ABC news

One of the nifty things about the book is that Harris is a seasoned media pro and can deliver a snappy line with the best of them

Of course this presumes that everyone who is looking up is seeking something celestial and not doing so merely to fit in with the pack, or being distracted by a passing drone. Still, my cynicism notwithstanding, the man has a way with words. And that makes this a very easy book to read. He is a charming guide on this search for a better way and you will meet some familiar names and learn of some others who should be.

Raquel Moss

I've been under a fair bit of stress lately. Nearly a year into self-employment, work has become steadier, sometimes more than steady. Although I love it, I've finally come to understand why people yearn to meditate. With my mind racing with mostly unproductive worries and nags, I've been thinking that I should try mediation to calm the tumult and find 'flow' again.

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The problem has been finding a guide to meditation that isn't complete granola claptrap. I loaded Eckhart Tolle's

onto my Kindle but gave up almost immediately. His meanings were almost completely opaque to me, and I didn't have the fortitude to stick through it. So when Dan Harris popped up on The Colbert Report (where he was a more eloquent guest than most on the show) to promote his book

I figured I'd give it a try.

Writing the above paragraphs, I've come to appreciate Dan Harris' book a little bit more. It's hard to write about mediation without sounding like a complete asshole. Dan gave it a fair shot, and his book was useful, though I never felt entirely compelled by his voice.

Preci

Journalist/News Anchor, extrovert, and work-a-holic Dan Harris becomes intrigued by meditation, and seeks to cut through the hippy-dippy bullshit in search of something more practical that he can apply to his daily life. He journeys, he stumbles, but eventually manages to create a mediation practice that fits within, and enhances his life. He says it makes him 'about 10% happier'.

Diane

When a book means a lot to me, I have a more difficult time reviewing it. I finished this memoir a week ago and have been pondering it ever since.

Dan Harris is a reporter and anchorman at ABC News. Back in 2004, he had a panic attack on air while trying to read the morning headlines. He admitted to a therapist he was very stressed about his career, and that he had previously used recreational drugs.

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Harris decided he wanted to find some peace of mind, and being a reporter, he researched different ways to get there. Coincidentally, he was assigned to cover religion for the network, and he had the opportunity to interview spiritual leaders from a variety of different faiths. On the advice of a friend, he read Eckhart Tolle's bestselling book,

, which then led him to Deepak Chopra's books, and then Harris became interested in meditation. He started his own daily meditation practice, and even attended some retreats. In the end, Harris was able to reduce his stress and estimated he had increased his happiness by at least 10 percent (clever title, by the way).

This book worked for me on several levels. I spent 10 years working in news, and I enjoyed it as a memoir of the TV news industry. I understood the stress and anxiety Harris felt in his job, and how it can drain a person. The book also works as a primer to meditation, and Harris includes some good tips to anyone interested in trying to meditate. Additionally, I enjoyed the book as a spiritual journey, and was rooting for Harris to be successful in his quest to find some peace.

This book is well-written, humorous and insightful, and I would highly recommend it.

"It finally hit me that I had been sleepwalking through much of my life â€” swept along on a tide of automatic, habitual behavior. All of the things I was most ashamed of in recent years could be explained through the ego: chasing the thrill of war without contemplating the consequences, replacing the combat high with coke and ecstasy, reflexively and unfairly judging people of faith, getting carried away with anxiety about work, neglecting Bianca to tryst with my Blackberry, obsessing about my stupid hair. It was a little embarrassing to be reading a self-help writer and thinking,