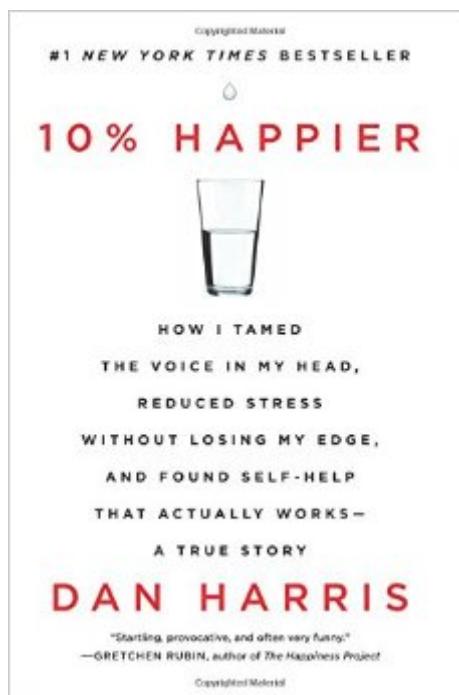


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# 10% Happier: How I Tamed The Voice In My Head, Reduced Stress Without Losing My Edge, And Found Self-Help That Actually Works--A True Story



## 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

Paperback: 256 pages

Publisher: Dey Street Books; Reprint edition (December 30, 2014)

Language: English

ISBN-10: 0062265431

ISBN-13: 978-0062265432

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (2,236 customer reviews)

Best Sellers Rank: #1,226 in Books (See Top 100 in Books) #12 in Books > Christian Books & Bibles > Christian Living > Self Help #14 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #25 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

I just finished reading 10% happier, and I really wanted to like it. I didn't. Here is why:- If you are someone who is actually seeking advice on meditation technique, DO NOT buy this book. Even if you are a type-A, work-in-high-stress-situations-type, you would benefit much more from an author such as Jack Kornfield, who actually gives you undiluted Buddhist technique written in an incredibly user-friendly way. Jack gives you clear directions and rationale for why certain meditation techniques work. You'll try a few and see which ones work for you, and not use the rest. This book

does not give you meditation instruction that works universally.- The book ends with a list of mindfulness "how-to's." The problem with this list is that, unlike the list of a truly experienced meditator who has the ability to distill really hard stuff into universally applicable guidance, Dan's list is HIS list. It didn't resonate for me. "Don't be a jerk" - that's not something that'll pop up in my head when someone is cutting me off on the highway. "Hide the Zen." "Meditate." (Seriously??) "The price of security is insecurity" - this is something of a Harris family catchphrase, but has absolutely zero meaning to me. Reading this book versus, say, The Joy of Living is akin to the experience of going to an university-level calculus class that's taught by the best professor in the school versus a crappy TA. A great teacher can boil really, really hard stuff down to a level that anyone can enjoy. A bad TA has you falling asleep in your chair. This book was written by the TA.- A massive amount of this story is about how Dan Harris found Buddhism.

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