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Nightline anchor Dan Harris embarks on As Dan's meditation In 10% Happier, Dan Harris describes in fascinating detail the stresses of working as a

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A lot of 10% Happier is about Harris trying to be less of a jerk. 10% Happier written by Dan Harris is a story about all the things which happened to

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Book excerpt: abc's dan harris' ' 10% happier: how

Mar 10, 2014 Initially I wanted to call this book "The Voice in My Head Is an A-----e." However, that title was deemed inappropriate for a man whose day job requires

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Dan Harris, New York, NY. 47,796 likes 6,291 talking about this. Also, I wrote a book called "10% Happier." Apps. Video Contest. Getting Started. Book. Photos.

Meditation can make us 10% happier - mindful

Dan Harris, anchor of ABC News, recently wrote a memoir about his public breakdown and journey to mindfulness entitled 10% Happier. Harris was drawn to meditation

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Dan Harris Gretchen Rubin Gretchin Rubin interviews Dan Harris about 10% Happier I met Dan Harris when a mutual friend suggested that we d enjoy talking about

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