

SUMMARY

OF

Dan Harris

10% Happier:

**How I Tamed the Voice in My Head,
Reduced Stress Without Losing My
Edge, and Found a Self-Help That
Actually Works**

Insights and Recommendations



Good
Summaries

**READ A BOOK IN 10 MINUTES
OR LESS.**

**10 Happier By Dan Harris A 30 Minute Summary How I
Tamed The Voice In My Head Reduced Stress Without
Losing My Edge And Found Self Help That Actually
Works A True Story**

Shortcut Edition



10 Happier By Dan Harris A 30 Minute Summary How I Tamed The Voice In My Head Reduced Stress Without Losing My Edge And Found Self Help That Actually Works A True Story:

10% Happier by Dan Harris - a 30 Minute Summary InstaRead Summaries Staff,2014-04-11 PLEASE NOTE This is a summary of the book and NOT the original book 10% Happier by Dan Harris A 30 Minute Summary How I Tamed the Voice in My Head Reduced Stress Without Losing My Edge and Found Self Help That Actually Works A True Story Inside this Instaread Summary Overview of the entire book Introduction to the important people in the book Summary and analysis of all the chapters in the book Key Takeaways of the book A Reader s Perspective Preview of this summary On June 7 2004 Dan Harris had a mental meltdown live on television while reading the news on Good Morning America As Harris read the news he began to have a panic attack and lost the ability to form coherent words Four years earlier Harris had interviewed for and received a job with ABC News after seven years at a television station in Bangor Maine and a short stint at a twenty four hour cable news channel in Boston Harris began at ABC News as the new co anchor of the overnight newscast World News Now However the anchor he was supposed to be replacing Anderson Cooper had decided to stay a little longer Instead Harris became a reporter on the weekend edition of the evening newscast World News Tonight Soon after he was allowed to present a story on the weekday edition with Peter Jennings A few weeks after his story aired on the weekday edition of World News Tonight Harris was asked by Jennings to do a story on Ralph Nader s presidential campaign This led to a five year stint as a regular reporter on the show Working for Peter Jennings was both enjoyable and frightening Jennings who was highly exacting in his expectations approved all the stories personally and would often make unreasonable demands Jennings also had a habit of reordering the points in a story for no obvious reason and would often steal the best lines of stories for himself However it was clear to Harris from the beginning that Jennings was a professional who cared about the connection he fostered between himself and his viewers During his first year with World News Tonight Harris was assigned to the religion beat On September 11 2001 Harris was waiting to take off on a small commuter plane when he learned of the attack on the Twin Towers Harris was immediately reassigned to Pennsylvania where United Flight 93 had gone down After reporting from Pennsylvania that night Harris drove back to New York and he moved into a hotel near Ground Zero for several weeks to report on the events taking place there *A 30-minute Summary of Dan Harris' 10% Happier* Dan Harris,2014 Summarizes Dan Harris book 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 **SUMMARY - 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 Shortcut Edition,2021-06-23 Our summary is short simple and pragmatic It allows you to have the essential ideas of a big book in less than 30 minutes As you read this summary you will discover how to improve your life through meditation You will also discover why meditation is becoming more and more fashionable the many benefits it can bring you that you should not

expect miracles how to practice it easily and quickly Many people consider meditation practitioners to be more or less marginalized individuals or followers of an Asian religion This does not encourage sympathy for it especially among those who are a bit critical Cartesian or simply atheist However it would be a mistake to stop at these stereotypes More and more serious studies scientific or medical confirm the numerous benefits of the practice of meditation in daily life whether it be on the psyche or on health Are you ready to question your prejudices about meditation Buy now the summary of this book for the modest price of a cup of coffee 10% Happier Dan Harris,2014-12-30 For use in schools and libraries only The anchor who had a nationally televised panic attack takes readers on a ride through the outer reaches of neuroscience to the inner sanctum of network news during which he discovered a way to get happier that is truly achievable *Extended Summary Of 10% Happier: How I Tamed The Voice In My Head, Reduced Stress Without Losing My Edge, And Found Self-Help That Actually Works - By Dan Harris* Sapiens Editorial,2019 10% Happier Elite Summaries,2016-07-09 10% Happier by Dan Harris Summary Analysis A Smarter You In 15 Minutes What is your time worth Dan Harris is a correspondent for ABC News an anchor for Nightline and co anchor for the weekend edition of Good Morning America He published the book 10% Happier in March 2014 about his heart beating journey in the discovery of mindfulness meditation After his live panic attack on Good Morning America Harris knew he had to change He describes his discoveries of ways to quiet his mind and helps him regain focus and balance He shares in his book 10% Happier how he got 10% happier by meditating The book 10% Happier will take readers on a journey of how Dan Harris tamed the monkey voice in his head reduced stress without losing his edge and found self help that actually works He shares with readers how everyone can be 10% happier by meditating Meditation can do everything from lower your blood pressure to completely eliminate your stress and the negative voices in your mind As soon as you train yourself to control the flow of thoughts in your meditation class you will be able to control them as well in the real world 10% Happier is the winner of the 2014 Living Now Book Award for Inspirational Memoir The book is startling stimulating and often very witty that would influence even the most incredulous reader So grab a copy of this self help guide from Amazon today Detailed overview of the book Most valuable lessons and information Key Takeaways and Analysis Take action today and grab this best selling book for a limited time discount of only 6 99 Written by Elite Summaries Please note This is a detailed summary and analysis of the book and not the original book keyword 10% Happier 10% Happier book 10% Happier ebook 10% Happier kindle 10% Happier paperback Dan Harris 10% Happier Save Time Summaries,2014

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