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By Dan Harris

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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 <http://abcnews.go.com/Health/book-excerpt-abcs-dan-harris-10-happier-tamed/story?id=22850949>

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Aug 04, 2014 Dan Harris is the author of "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge 10% Happier: How I Tamed the <http://www.youtube.com/watch?v=Yc6iX7uhJhs>

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MemoirNightline anchor Dan Harris embarks 10% Happier How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That <http://www.ebooks.com/1427078/10-happier/harris-dan/>

in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works A True Actually Works A True Story, by ABC's Dan Harris. <http://www.mindful.org/news/book-excerpt-abcs-dan-harris-10-happier>

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How to be 10% happier: Meditate, says ABC's Harris Dan Harris, co-anchor of ABC News' "Nightline" and "Good Morning He's now written a book extolling its life <http://memorialweekend.net/tag/10-happier-how-i-tamed-the-voice>

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Mar 10, 2014 Book Excerpt: ABC's Dan Harris' '10% Happier' March 11, 2014. The foregoing is excerpted from "10% Happier: How I Tamed the Voice in My Head, <http://abcnews.go.com/Health/book-excerpt-abcs-dan-harris-10-happier-tamed/story?id=22850949&page=2>