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The Long Journey to Becoming '10% Happier' **10% HAPPIER AUDIOBOOK - PART 1** ~~Dan Harris on Becoming 10%~~

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10% Happier (Paperback) 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. Dey Street Books, 9780062265432, 256pp. Publication Date: December 30, 2014. Other Editions of This Title: Digital

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Help That Actually Works--A True Story... Startling, provocative, and often very funny... [10% HAPPIER] will convince even the most skeptical reader of meditation's potential. — Gretchen Rubin, author of The Happiness Project

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