

# How to become 10% happier (c)

Dan Harris

Nikita Salnikov-Tarnovski



# Agenda

- ◆ Habits
- ◆ Mind
- ◆ Body
- ◆ Money



# Disclaimer

- ◆ I am not a guru! :)



# Habits

- ◆ Leo Babauta, <https://zenhabits.net>
- ◆ Introduce changes VERY slowly



# Mind

- ◆ Meditation
- ◆ The best thing you can do for yourself



# Mind, see also

- ◆ [http://www.mindbodygreen.com/classes/  
the-essential-guide-to-meditation](http://www.mindbodygreen.com/classes/the-essential-guide-to-meditation)



# Body

- ◆ Руслан Дудник, <http://ostrovrusa.ru>
- ◆ You don't need fitness club
- ◆ Кубики делаются на кухне (с)



Body, see also

- ◆ Мария Ларина, <http://girevichka.ru>



# Money

- ◆ YNAB, <https://www.youneedabudget.com>
- ◆ Budget is all about your priorities



# Money, see also

- ◆ MMM, <http://www.mrmoneymustache.com>
- ◆ Minimalists, <http://www.theminimalists.com>
- ◆ <http://minimalismfilm.com/watch/>