

10 happier by dan harris a 30 minute summary how i tamed the voice in my head

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10% Happier: Words of Wisdom and Practical Guidance from Dan Harris**

The Author: Dan Harris

Dan Harris is the author of the bestselling book "10% Happier," a memoir and guide to finding contentment through meditation. As a former ABC News anchor, he has a unique perspective on the challenges and rewards of living a meaningful life amidst the chaos of modern media.

Cost of "10% Happier"

The cost of "10% Happier" varies depending on the format and retailer. The paperback edition is typically priced around \$15, while the hardcover is approximately \$25. The audiobook is also available for purchase or rent through services like Audible.

Famous Quote about Happiness

"Happiness is not something ready made. It comes from your own actions." - Dalai Lama

Personal Reflections: Happiest and Saddest Days

The question of our happiest and saddest days can evoke a range of emotions. Some may recall cherished memories of laughter and joy, while others may reflect on moments of loss and sorrow. These moments shape our perspectives and remind

us of the importance of cherishing the good times and learning from the difficult ones.

Host of "10% Happier" Podcast

Dan Harris also hosts the popular podcast "10% Happier," where he interviews experts in mindfulness, meditation, and psychology. The podcast has gained a large following of listeners seeking guidance and inspiration in their own journeys toward happiness.

Canceling "Ten Percent Happier"

To cancel your subscription to the "Ten Percent Happier" podcast or app, follow these steps:

- Go to the "Manage Subscriptions" page on Spotify or Apple Podcasts.
- Find the "10% Happier" subscription.
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Current Status of Dan Harris

Dan Harris is currently the host of the "10% Happier" podcast and continues to write and speak about the benefits of meditation and mindfulness. He is also a co-founder of the Ten Percent Happier app, which offers guided meditations and other resources for personal growth.

Quotes from "10% Happier"

- "Happiness is not the absence of negative emotions. It's the ability to tolerate them without being overwhelmed by them."
- "Meditation is not about emptying your mind. It's about training your mind to be more present, kind, and compassionate."
- "The only way to change your life is to change your mind."

Three Happiness Quotes

- "Happiness is not something you find. It's something you create." - Fran Tarkenton
- "The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves." - Victor Hugo
- "Happiness is the highest form of health." - Dalai Lama

Full Quote of "Happiness is amazing."

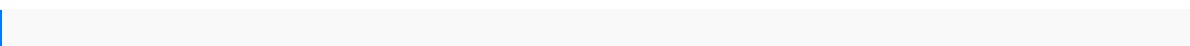
"Happiness is amazing. It's the reason we're here. It's the point of life. It's what we all want. And yet, it's so hard to find. We spend our lives chasing it, but it always seems to elude us. We think that if we just get that next promotion, or if we just meet the right person, or if we just win the lottery, then we'll finally be happy. But it doesn't work that way. Happiness is not something that you can find outside of yourself. It's something that you have to create within yourself." - Dan Harris

Quote about the Happiest People

"The happiest people are not those who have the most, but those who make the most of what they have." - Konosuke Matsushita

Quotes about Believing in Happiness

- "Believe in yourself and your ability to create a happy life." - Brian Tracy
- "Happiness is a choice. You can choose to be happy, even when things are tough." - Robert H. Schuller
- "The only way to find true happiness is to believe that you already have it." - Buddha



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