

## Being 10 TIMES Happier ~ SHINZEN YOUNG

00:00:00 An acquaintance of mine wrote a book called 10% Happier, Dan Harris. He's on the nightline,  
00:00:14 right? And I think ABC Good Morning America or something like that, right? He's like a  
00:00:20 talk hoe, but he's one of us. He famously had a panic attack on camera at some point  
00:00:30 in his career, which you can actually see on YouTube. It's like, we'll be there forever,  
00:00:38 right? And that was his wake up call that he had to, something was radically wrong with  
00:00:45 his life. And a major part of his recovery was to take on this practice, mindfulness  
00:00:53 practice. But because he's in the position of being a prominent television personality,  
00:01:02 it's sort of cool for us. So he wrote this book called 10% Happier. And he's got a whole  
00:01:12 program that goes with it. Actually, he's partnering up with one of my facilitators,  
00:01:16 Jeff Warren from Canada. They're on tour now in the US, sort of bringing the message of  
00:01:24 mindfulness. So cool that we're that mainstream at this point. Anyway, the title of that book  
00:01:34 got me thinking about my own life. So, you know, 10% Happier, and I started to calculate  
00:01:42 in my mind, did the like a thought experiment. Okay, at my current age, what would the picture  
00:01:53 be if I hadn't made that decision at the age of 25 to, by hook or crook, meditate every  
00:02:03 day of my life? What if I hadn't done that? What if I just been one of the million other  
00:02:14 things that I could have been as a non-meditator? So where would I be, given who I was at 25?  
00:02:26 Extrapolating, where would I be? And then where I know myself to be as the result of  
00:02:34 that decision. And objectively, I just, I had to say, it's not 10% happier, it's 10  
00:02:47 times happier. I mean, objectively, easily 10 times happier. Or put the other way, I  
00:02:55 would be one-tenth as happy, which actually would be like pretty miserable. So anyway,  
00:03:04 I encourage you in that regard.