



## 10 Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story (Paperback)

By Dan Harris

Dey Street Books, United States, 2015. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book. Winner of the 2014 Living Now Book Award for Inspirational Memoir After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Eventually Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. 10 Happier takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway...



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### **The Voice Revealed: The True Story of the Last Eyewitness (Paperback)**

World Bible Publishers Inc, United States, 2007. Paperback. Book Condition: New. 175 x 107 mm. Language: English . Brand New Book. For God expressed His love for the world in this way: He gave His only Son so that whoever believes in...



### **Four on the Shore (Paperback)**

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved authors...