



Summary: 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works

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PLEASE NOTE: This is a summary of the book and NOT the original book.

Summary: 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works | A concise summary of the book by Dan Harris. If you are looking for a full copy of this outstanding book, this can be found back on the Amazon search page.

What you get from an Adept Summary & Analysis:

- An overview of the entire book
- Key takeaways from the book
- Easily accessible, easy to remember information
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A preview:

People all have a voice in their head that speaks shame and self-doubt. That voice can lead to self-confidence issues if it is heeded. Harris regularly heard that voice when he began a career in the news media. He found the voice to be self-defeating and while he first thought meditation to be ridiculous he soon found scientific evidence and personal experience to the contrary. He learned how to use meditation to tame that negative voice. There is always a big contrast between the inner life and the exterior that a person puts forth. Meditation helped Harris to find balance between those two...

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Matthew Dealba:

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