



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

By -

Blackstone Audiobooks, 2014. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack on Good Morning America, 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 both propelled him through the ranks of a hypercompetitive business and also led him to make the profoundly stupid decisions that provoked his on-air freak-out. We all have a voice in our head. It's what has us losing our temper unnecessarily, checking our email compulsively, eating when we're not hungry, and fixating on the past and the future at the expense of the present. Most of us would assume we're stuck with this voice--that there's nothing we can do...



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Reviews

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-- Miss Sienna Fay Jr.

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