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• dan harris: 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, day st, 2014

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ABC News' Dan Harris, in his book, 10% Happier: How I Tamed the Voice in My Head, Reduced Stress without Losing My Edge, and Found Self-Help That Actually Works, presents a rational argument for the value of meditation