

# Percent 10

Michael Brown

**10% Happier** Dan Harris, 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation. —Elizabeth Gilbert 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, 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. Finally, 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 that could actually change their lives.

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**Percent 10** Book Review: Unveiling the Power of  
 Words

In some sort of driven by information and  
 connectivity, the energy of words has be evident  
 than ever. They have the capacity to inspire,  
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 essence of the book **Percent 10**, a literary  
 masterpiece that delves deep in to the  
 significance of words and their effect on our  
 lives. Published by a renowned author, this  
 captivating work takes readers on a transformative  
 journey, unraveling the secrets and potential  
 behind every word. In this review, we will explore  
 the book is key themes, examine its writing style,  
 and analyze its overall affect readers.

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