

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 Dan Harris

By Dan Harris

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<https://www.kirkusreviews.com/book-reviews/dan-harris/10-happier/>

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Mar 10, 2014 Initially I wanted to call this book "The Voice in My Head Is an A-----e." However, that title was deemed inappropriate for a man whose day job requires
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