

10 Happier How I Tamed The Voice In My Head Reduced Stress Without Losing My Edge And Found A Selfhelp That Actually Works

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In 10% Happier: How I Tamed the Voice in My Head (Audiobook), Nightline anchor Dan Harris embarks on a hilarious, surprising, and deeply skeptical odyssey via the unusual worlds of spirituality and self-help, and discovers a strategy to get happier that's actually achievable.

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