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Harris | Core Message ~~How to Stay  
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About the 10% Happier book: In his #1 New York Times bestseller, 10% Happier, ABC news anchor Dan Harris explores how his on-air panic attack in 2004 prompted him to search for a better way to deal with the voice in his head and be less yanked around by his emotions. Spoiler alert: he found meditation.-----About the Ten Percent Happier podcast:

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