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What if you could learn to calm your mind,
relax under pressure, and de-stress your life
without losing your edge?

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provocative, and often very funny... [10%
HAPPIER] will convince even the most
skeptical reader of meditation 's potential.
— Gretchen Rubin, author of The
Happiness Project

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[10% HAPPIER] will convince even the
most skeptical reader of meditation's
potential. Gretchen Rudin This brilliant,
humble, funny story shows how one man
found a way to navigate the non-stop
stresses and demands of modern life and
back to humanity by finally learning to sit
around doing nothing.

Winner of the 2014 Living Now Book
Award for Inspirational Memoir 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 on Good Morning America, Dan

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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 both propelled him through the ranks of a hyper-competitive business and also led him to make the profoundly stupid decisions that provoked his on-air freak-out. We all have a voice in our head. It ' s what has us losing our temper unnecessarily, checking our email compulsively, eating when we ' re not hungry, and fixating on the past and the future at the expense of the present. Most of us would assume we ' re stuck with this voice — that there ' s nothing we can do to rein it in — but Harris stumbled upon an effective way to do just that. It ' s a far cry

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from the miracle cures peddled by the self-help swamis he met; instead, it 's something he always assumed to be either impossible or useless: meditation. After learning about research that suggests meditation can do everything from lower your blood pressure to essentially rewire your brain, Harris took a deep dive into the underreported world of CEOs, scientists, and even marines who are now using it for increased calm, focus, and happiness. 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.

The anchor, who had a nationally televised panic attack, takes readers on a ride through the outer reaches of neuroscience to the inner sanctum of network news during

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which he discovered a way to get happier that is truly achievable.

Harris and Warren present a practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it. They suggest a range of meditation practices that may lower your blood pressure, mitigate depression and anxiety, and literally rewire key parts of your brain.

#1 New York Times Bestseller REVISED
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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,

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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

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An intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. *Going to Pieces Without Falling Apart* shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the

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accumulated wisdom of his two worlds--Buddhism and Western psychotherapy—Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in his own life and stories from his patients, *Going to Pieces Without Falling Apart* teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

'The expert's expert. Simplicity is the key with this technique.' The Times 'Do you guys know about Headspace...? It's kind of genius.' Emma Watson The best start for your baby begins with your mind Widely acknowledged as one of the world's foremost experts on mindfulness, Andy

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Puddicombe, co - founder of Headspace, is your friendly guide in this wonderful new approach to pregnancy, birth and new parenthood. Whether you are trying for a baby, are mid-term, or have already arrived home with your new baby, this practical and reassuring guide will teach you and your partner how to calmly navigate the anxieties and demands of this epic adventure. With helpful exercises for both mother to be and her partner, Andy shows how to live mindfully and get the most from pregnancy and the early days of parenthood. The Headspace Guide To...A Mindful Pregnancy provides you with tools to live mindfully during this rare and precious opportunity to nurture a healthy happy mind. Imagine creating the most peaceful environment possible for your child and this book will show you how.

A world at once familiar and unimaginably

Where To Download 10 Happier How I Tamed The strange exists all around us, and within us — it is the vast realm of consciousness. In *The Head Trip*, science journalist Jeff Warren explores twelve distinct, natural states of consciousness available to us in a twenty-four-hour day, each state offering its own kind of knowledge and insight — its own adventure. The hypnagogic state, when our minds hover between waking and sleeping, can be a rich source of creativity and even compassion. Then there ' s the Watch, an almost magical waking experience in the middle of the night that has been all but lost to electric light and modern sleep patterns. Daydreaming and trance, lucid dreaming, the Zone, and the Pure Conscious Event — from sleep laboratory to remote northern cabin, neurofeedback clinic to Buddhist retreat, Warren visits them all. Along the way, he talks to neuroscientists, chronobiologists, anthropologists, monks, and many others who illuminate his stories

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with cutting-edge science and age-old wisdom. On this trip, all are welcome and no drugs are required: all you need to pack are a functioning cerebrum and an open mind. Replete with stylish graphics and brightened by comic panels conceived and drawn by the author, The Head Trip is an instant classic, a brilliant and original description of the shifting experience of consciousness that 's also a practical guide to enhancing creativity and mental health. This book does not just inform and entertain – it shows how every one of us can expand upon the ways we experience being alive.

You are just one small step away from the life you know you deserve. It's time to leverage your life. Life Leverage means taking control of your life, easily balancing your work and free time, making the most money with the minimum time input &

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successful life. Using Rob Moore's
remarkable Life Leverage model, you'll
quickly banish & outsource all your
confusion, frustration and stress & live your
ideal, globally mobile life, doing more of
what you love on your own terms. Learn
how to: - Live a life of clarity & purpose,
merging your passion & profession - Make
money & make a difference, banishing work
unhappiness - Use the fast-start wealth
strategies of the new tech-rich - Maximise
the time you have; don't waste a moment by
outsourcing everything - Leverage all the
things in your life that don't make you feel
alive 'This book shows you how to get more
done, faster and easier than you ever
thought possible. A great book that will
change your life'. Brian Tracy, bestselling
author of Eat That Frog

This all-levels meditation guide presents a

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simple 10-minute practice to reduce anxiety and promote well-being. Drawing on his 20 years as a clinical therapist, author Owen O'Kane offers a unique combination of therapeutic and mindfulness techniques for managing stress, improving mental clarity, and putting an end to unhelpful thought patterns. With step-by-step instructions for each minute of the practice and easy-to-follow exercises for developing a daily meditation routine, Ten to Zen is an empowering handbook for finding peace, clarity, and joy—anytime and anywhere. All it takes is 10 minutes.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover how to improve your life through meditation. You will also discover : why meditation is becoming more and more

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fashionable; the many benefits it can bring you; that you should not expect miracles; how to practice it easily and quickly. Many people consider meditation practitioners to be more or less marginalized individuals or followers of an Asian religion. This does not encourage sympathy for it, especially among those who are a bit critical, Cartesian or simply atheist. However, it would be a mistake to stop at these stereotypes. More and more serious studies, scientific or medical, confirm the numerous benefits of the practice of meditation in daily life, whether it be on the psyche or on health. Are you ready to question your prejudices about meditation? *Buy now the summary of this book for the modest price of a cup of coffee!

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