



Summary: 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works

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People all have a voice in their head that speaks shame and self-doubt. That voice can lead to self-confidence issues if it is heeded. Harris regularly heard that voice when he began a career in the news media. He found the voice to be self-defeating and while he first thought meditation to be ridiculous he soon found scientific evidence and personal experience to the contrary. He learned how to use meditation to tame that negative voice. There is always a big contrast between the inner life and the exterior that a person puts forth. Meditation helped Harris to find balance between those two...

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