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Meditation can make us 10% happier - mindful

Dan Harris, anchor of ABC News, recently wrote a memoir about his public breakdown and journey to mindfulness entitled 10% Happier. Harris was drawn to meditation

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How to be 10% happier: meditate says abc s harris

Apr 01, 2014 Dan Harris, co-anchor of ABC News' "Nightline" and "Good Morning America," says a panic attack on the air led him to try meditation. (Photo: Ida Mae Astute)

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A lot of 10% Happier is about Harris trying to be less of a jerk. 10% Happier written by Dan Harris is a story about all the things which happened to

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