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<http://abcnews.go.com/Health/book-excerpt-abcs-dan-harris-10-happier-tamed/story?id=22850949&page=2>

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<http://memorialweekend.net/tag/10-happier-how-i-tamed-the-voice>

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Mar 12, 2014 Dan Harris, a co-anchor of How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works A True

<http://bits.blogs.nytimes.com/2014/03/13/dan-harris-co-anchor-for-nightline-discusses-multitasking-and-meditation/>

Aug 04, 2014 Dan Harris is the author of "10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge 10% Happier: How I Tamed the

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