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Mar 10, 2014 ABC News' Dan Harris shares his personal search for happiness in his new book

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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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Mar 10, 2014 Initially I wanted to call this book "The Voice in My Head Is an A-----e." However, that title was deemed inappropriate for a man whose day job requires

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Sam Harris In 10% Happier, Dan Harris describes in fascinating detail the stresses of working as a news correspondent and the relief he has found through the

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