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Dan Harris, New York, NY. 47,796 likes 6,291 talking about this. Also, I wrote a book called "10% Happier." Apps. Video Contest. Getting Started. Book. Photos.

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### **Written in My Own Heart's Blood by Diana Gabaldon -**

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**Book Excerpt: ABC's Dan Harris' ' 10% Happier: How -**

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