



# The 10% Happier Guide: How I Found the Secret to Happiness

*Dan Harris*

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## **The 10% Happier Guide: How I Found the Secret to Happiness** Dan Harris

You really don't need a reason to meditate, just meditate! When you examine the huge benefit that meditation has on so many areas of the body and mind, there is no reason why you should not embrace it.

In order for you to develop a greater appreciation for meditation, you will first have to overcome the "I don't have time" dilemma. Did you know there are simple ways and complex ways to meditate, what is important is the knowledge of how to meditate. What really is the real purpose of meditation, is it to reduce mental noise and to achieve inner dialogue? You will then be introduced to the simplest and easiest ways of meditating. Find out how long you should meditate and what is the best time to meditate. You will be amazed to find out that meditation has nothing to do with clearing your mind. But what about the mental noise you may ask?

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