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January 08th 2015: 10% Happier

Not too many years ago, if you told someone you wanted to meditate they looked at you as if you had two heads. It was for the very religious or uber spiritual. But meditation is now going mainstream and is practiced by athletes, professionals, celebrities and us "just plain folks" everywhere. Its health benefits have been studied and proclaimed widely and it is now being accepted as more than just "o.k." One of the reasons it is catching on mainstream is because of people like Dan Harris. In 2014 Harris of ABC News published a book about his experience with Mindfulness Meditation and how it ha

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Featured Guest



Dan Harris

Dan Harris is co-anchor of ABC News' Nightline and also co-anchor of the weekend edition of Good Morning America. Before that, he was the anchor of the Sunday edition of World News.

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