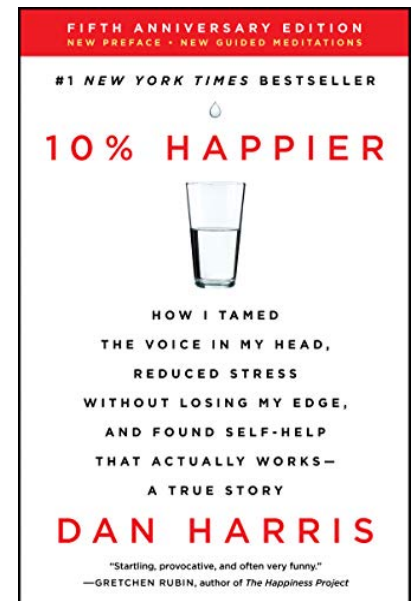


# 10% Happier Book Summary (PDF) by Dan Harris

Ready to learn the most important takeaways from 10% Happier in less than two minutes? Keep reading!



## Why This Book Matters:

10% Happier breaks down the elusiveness of meditation using modern-day research about what meditation can do for your mind and body, especially in today's topsy-turvy world.

## The Big Takeaways:

1. **Your ego is your unconscious perception of self.**
  1. If Ego is not just how you think about yourself, but dictates the little things you do.
2. **Your ego will always want more.**
  1. Regardless of what you have, the ego will always want you to have more, and you will never be satisfied.
3. **Being kind and learning to empathize with others can help you influence your ego's desire.**
  1. Once we learn how to live in the present with others, our ego will not be as hungry.

4. **Controlling your ego doesn't mean letting others walk all over you.**
  1. Realize what the most important things are to you and fight for them, but don't fight for everything.
5. **Meditation can help you achieve mindfulness.**
  1. Stop judging yourself and others for a while every day to focus on only your breathing. The effects will help you learn to refocus in your everyday life.

## **Want To Keep Reading?**

1. **Read A Longer Form Summary on Blinkist**
2. **Buy The Book on Amazon**
3. **Listen To The Audiobook**

## **Additional Video From The Author:**