



## EDITOR'S PICK



### THE BENEFITS OF NOT BEING A JERK TO YOURSELF

After more than two decades as an anchor for ABC News, an on-air panic attack sent Dan Harris's life in a new direction: he became a dedicated meditator and, to some, even a guru. But then an anonymous survey of his family, friends and colleagues turned up some brutal feedback -- he was still kind of a jerk. In a wise, funny talk, he shares his years-long quest to improve his relationships with everyone (starting with himself) and explains the science behind loving-kindness meditation, and how it can boost your resiliency, quiet your inner critic and simply make you more pleasant to be around.

*13:39 minutes Ted Talk video*

**Link to video:**

<https://www.youtube.com/watch?v=NuhlzO57HVk>