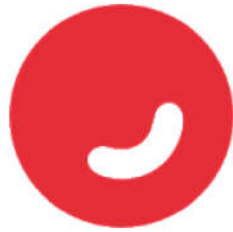


https://play.google.com/store/apps/details?id=com.changecollective.tenpercenthappier&hl=en_US&gl=US 1/5/2021



Ten Percent Happier - Meditation & Sleep

10% Happier Health & Fitness

★★★★★ 12,212

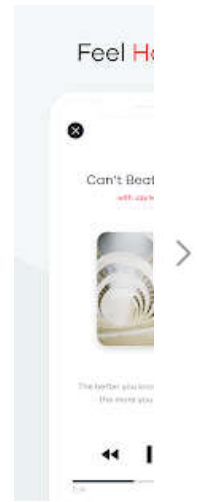
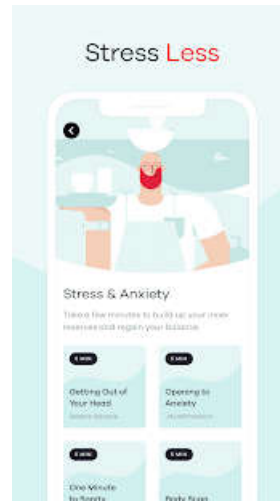
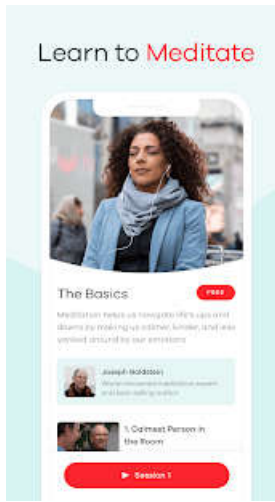
Teen

Offers in-app purchases

This app is compatible with all of your devices.

Add to Wishlist

Install



Want to sleep better, be more mindful, improve your relationships, and become just about ten percent happier? This is the app for you. Our guided meditations, videos, talks, and sleep content will help you build (or boost) your meditation practice, and stick with it.

WHAT'S INSIDE:

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REVIEWS

Review policy and info

4.8



12,212 total





Lany Figueroa

★★★★★ December 30, 2020



I'm enjoying this so far! I've always had trouble cultivating a practice meditating, and while it's still very early in this journey, a few features of this app have made it feel very accessible. The beginning series, with short 5 minute lessons are such a reasonable commitment that I've done multip...

[Full Review](#)



Jade Hart

★★★★★ December 18, 2020



Love the accessibility of these meditations. I've had difficulty meditating in the past, but the way this is laid out is very useful and effective! The more I practice, the more it makes sense and fits as a tool to free myself. Non-attachment has been a huge adjustment that I resist at times, but so...

[Full Review](#)

10% Happier December 23, 2020

Hi Jade - Thank you for sharing your honest feedback with us. We're so happy to hear you're finding the offerings on our app inviting and accessible as you cultivate your meditation practice! Please keep your comments, questions and feedback coming - we're here to help! Best wishes - Joshua at Ten Percent Happier



Brian Harmata

★★★★★ December 18, 2020



I really love the app. It's somewhat expensive, but in terms of the quality of content, the authenticity, and the complete and total non-salesy attitude of it all, it's worth it to me. I have tried other free apps, but this seems to me to be a cut above, mostly due to the guests and teachers. I am s...

[Full Review](#)

10% Happier December 23, 2020

Hi Brian - We appreciate hearing your feedback on the app and are delighted you're finding it to be a great resource! While the pandemic has posed unique challenges, we're continuing to produce great new material so be sure to join our New Year's Challenge kicking off on January 4th! Warm wishes - Joshua at Ten Percent Happier



Brigid Beckman

★★★★★ December 21, 2020



I'm a grateful teacher who found this app through a colleague when it was offered free for educators. In this incredibly challenging year of remote/hybrid teaching, Ten Percent Happier has helped me maintain my equilibrium (most days! 🙏) and that helps me better support my high school students. I ha...

[Full Review](#)

10% Happier December 23, 2020

Hi Brigid - Thank you for taking the time to share your feedback with us at Ten Percent Happier and thank you for all you're doing as a teacher during this difficult time! We're so glad the app can be a support to you and your colleagues right now. Very best wishes - Joshua at Ten Percent Happier

[READ ALL REVIEWS](#)

WHAT'S NEW

Support for our upcoming New Year's Challenge that starts on January 4th.

ADDITIONAL INFORMATION

Updated

December 18, 2020

Size

56M

Installs

500,000+

Current Version

2.13.0

Requires Android

6.0 and up

Content Rating

Teen

Diverse Content:

Discretion Advised

[Learn more](#)

In-app Products

\$4.99 - \$99.99 per item

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Offered By

10% Happier

Developer

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Do Meditate: 100%
Do Meditate Team
★★★★★

A Happy Mind - Gu
Mind Soft Creative LLC
★★★★★

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