Dan Harris is a Co-anchor of Nightline and the weekend editions of Good Morning America. He has recently published a book called "10% Happier". Now in New York City, his media career has taken him across the globe. The critical events he has covered run the gamut of news. Dan has covered stories ranging from combat in Afghanistan, Israel and Iraq to natural disasters in Haiti, Myanmar and New Orleans. Upon graduating at Colby College in 1993, his broadcast media career started close by as Anchor at WLBZ in Bangor, Maine.

Having joined ABC News in 2000, Dan anchored Hurricane Katrina coverage in early Fall 2005. While international events have often taken him abroad, his coverage within the states has taken a keen eye to US evangelicals. In 2013, his interests in global affairs and faith converged with coverage of Vatican City and the election of Pope Francis.

After an initial skepticism to meditation, he has become an ardent and vocal supporter of the practice. Upon discovery that it changes blood pressure and the brain, he researched and penned a book on how people from all walks of life have used meditation for a modicum of control over the voice in their heads and became a bit happier.

Dan participated in the Paris Internship Program in the Fall of 1991. While here, he interned at a television production house called Série Limitée.

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