

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 8-K

Current Report Pursuant to Section 13 or 15(d) of
the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): November 29, 2005

HARRIS & HARRIS GROUP, INC.

(Exact name of registrant as specified in its charter)

New York	0-11576	13-3119827
(State or other jurisdiction of incorporation)	(Commission File Number)	(I.R.S. Employer Identification No.)

111 West 57th Street
New York, New York 10019

(Address of principal executive offices and zip code)

Registrant's telephone number, including area code: (212) 582-0900

Item 2.01 Completion of Acquisition or Disposition of Assets.

On November 29, 2005, Harris & Harris Group Inc. (the "Company") completed the sale of 645,904 shares of its 1,137,570 shares of common stock of NeuroMetrix, Inc., on the open market, for net proceeds of approximately \$19,612,372. On November 30, 2005, the Company sold its remaining 491,666 shares for net proceeds of approximately \$14,979,088. The total net proceeds are approximately \$34,591,460.

NeuroMetrix, which completed its initial public offering on July 22, 2004, manufactures and sells the patented NC-stat device. The Company was the seed investor in NeuroMetrix, a spin-out from the Harvard-MIT Division of Health Sciences and Technology, in 1996. Charles E. Harris, the Chairman and CEO of the Company, was a Director of NeuroMetrix until May 18, 2005. NeuroMetrix was the last remaining significant non-tiny technology investment of the Company.

Item 9. Financial Statements and Exhibits

- (a) Not applicable.
- (b) Not applicable.
- (c) Exhibits.

Exhibit No.	Description
99	Press Release dated November 30, 2005

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: November 30, 2005 HARRIS & HARRIS GROUP, INC.

By: /s/ Charles E. Harris

Charles E. Harris
Chairman and Chief Executive Officer

Exhibit No.

Description

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Press Release dated November 30, 2005

PRESS RELEASE

HARRIS & HARRIS GROUP, INC.
111 WEST 57th STREET, SUITE 1100
NEW YORK, NEW YORK 10019

NOVEMBER 30, 2005

CONTACT: CHARLES E. HARRIS

NASDAQ/NMS SYMBOL: TINY

TEL. NO. (212) 582-0900

HARRIS & HARRIS GROUP SELLS ITS SHARES OF NEUROMETRIX

Harris & Harris Group, Inc., announced today that it has sold in the open market its entire position, consisting of its 1,137,570 shares of common stock of NeuroMetrix, Inc. (Nasdaq: NURO), for net proceeds of approximately \$34,591,460. NeuroMetrix, which completed its initial public offering on July 22, 2004, manufactures and sells the patented NC-stat device. Harris & Harris Group was the seed investor in NeuroMetrix, a spin-out from the Harvard-MIT Division of Health Science and Technology in 1996. Charles E. Harris, the Chairman and CEO of Harris & Harris Group, was a Director of NeuroMetrix until May 18, 2005. NeuroMetrix was Harris & Harris Group's last remaining significant non-tiny technology investment.

Harris & Harris Group is a publicly traded venture capital company that makes initial investments exclusively in tiny technology, including nanotechnology, microsystems and microelectromechanical systems (MEMS). The Company's last 25 initial private equity investments have been in tiny technology-enabled companies. Since 2001, Harris & Harris Group has invested a total of approximately \$41,270,912 in tiny technology-enabled companies, of which it has invested approximately \$15,887,078 in 2005 to date. The Company has 20,756,345 common shares outstanding.

Detailed information about Harris & Harris Group, Inc. and its holdings can be found on its website at <http://www.TinyTechVC.com>.

This press release may contain statements of a forward-looking nature relating to future events. These forward-looking statements are subject to the inherent uncertainties in predicting future results and conditions. These statements reflect the Company's current beliefs, and a number of important factors could cause actual results to differ materially from those expressed in this news release. Please see the Company's Annual Report on Form 10-K filed with the Securities and Exchange Commission for a more detailed discussion of the risks and uncertainties associated with the Company's business, including but not limited to the risks and uncertainties associated with venture capital investing and other significant factors that could affect the Company's actual results. Except as otherwise required by Federal securities laws, Harris & Harris Group, Inc., undertakes no obligation to update or revise these forward-looking statements to reflect new events or uncertainties. The reference to the website www.TinyTechVC.com has been provided as a convenience, and the information contained on such website is not incorporated by reference into this press release.