***TED Talks***

**Social**

* *“What Makes a Good Life? Lessons from the Longest Study on Happiness”* <https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness>
* What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.
* *“A Hilarious Celebration of Lifelong Female Friendship”* <https://www.ted.com/talks/jane_fonda_and_lily_tomlin_a_hilarious_celebration_of_lifelong_female_friendship>
* Legendary duo Jane Fonda and Lily Tomlin have been friends for decades. In a raw, tender and wide-ranging conversation hosted by Pat Mitchell, the three discuss longevity, feminism, the differences between male and female friendship, what it means to live well and women's role in future of our planet. "I don't even know what I would do without my women friends," Fonda says. "I exist because I have my women friends."
* *“Why We Laugh”*

<https://www.ted.com/talks/sophie_scott_why_we_laugh>

* Did you know that you're 30 times more likely to laugh if you're with somebody else than if you're alone? Cognitive neuroscientist Sophie Scott shares this and other surprising facts about laughter in this fast-paced, action-packed and, yes, hilarious dash through the science of cracking up.
* *“How Societies Can Grow Older Better”* <https://www.ted.com/talks/jared_diamond_how_societies_can_grow_old_better>
* There's an irony behind the latest efforts to extend human life: It's no picnic to be an old person in a youth-oriented society. Older people can become isolated, lacking meaningful work and low on funds. In this intriguing talk, Jared Diamond looks at how many different societies treat their elders -- some better, some worse -- and suggests we all take advantage of experience.
* *“How I Made Friends With Reality”*

<https://www.ted.com/talks/emily_levine_how_i_made_friends_with_reality>

* With her signature wit and wisdom, Emily Levine meets her ultimate challenge as a comedian/philosopher: she makes dying funny. In this personal talk, she takes us on her journey to make friends with reality -- and peace with death. Life is an enormous gift, Levine says: "You enrich it as best you can, and then you give it back."
* *“A Not So Scientific Experiment On Laughter”*

<https://www.ted.com/talks/anthony_mccarten_a_not_so_scientific_experiment_on_laughter>

* "Laughter -- I may not be able to produce much of it but I will try to shine a light on it and ask the question: what is it?" True to his mission statement, screenwriter Anthony McCarten tells the TEDxMunchen audience four jokes in an attempt to conduct a (not so) scientific experiment into the role of laughter as facilitator of conversations and uniter of people.
* *Half A Million Secrets”*

<https://www.ted.com/talks/frank_warren_half_a_million_secrets>

* "Secrets can take many forms -- they can be shocking, or silly, or soulful." Frank Warren, the founder of PostSecret.com, shares some of the half-million secrets that strangers have mailed him on postcards.
* *“Love No Matter What”*

<https://www.ted.com/talks/andrew_solomon_love_no_matter_what>

* What is it like to raise a child who's different from you in some fundamental way (like a prodigy, or a differently abled kid, or a criminal)? In this quietly moving talk, writer Andrew Solomon shares what he learned from talking to dozens of parents -- asking them: What's the line between unconditional love and unconditional acceptance?

**Intellectual**

* *“You Can Grow New Brain Cells. Here’s How”* <https://www.ted.com/talks/sandrine_thuret_you_can_grow_new_brain_cells_here_s_how>
  + Can we, as adults, grow new neurons? Neuroscientist Sandrine Thuret says that we can, and she offers research and practical advice on how we can help our brains better perform neurogenesis—improving mood, increasing memory formation and preventing the decline associated with aging along the way.
* *“The Habits of Happiness”*

<https://www.ted.com/talks/matthieu_ricard_the_habits_of_happiness>

* + What is happiness, and how can we all get some? Biochemist turned Buddhist monk Matthieu Ricard says we can train our minds in habits of well-being, to generate a true sense of serenity and fulfillment.
* *“My Stroke Of Insight”*

<https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight>

* Jill Bolte Taylor got a research opportunity few brain scientists would wish for: She had a massive stroke, and watched as her brain functions -- motion, speech, self-awareness -- shut down one by one. An astonishing story.
* *The Transformative Power Of Classical Music”* <https://www.ted.com/talks/benjamin_zander_the_transformative_power_of_classical_music>
* Benjamin Zander has two infectious passions: classical music, and helping us all realize our untapped love for it -- and by extension, our untapped love for all new possibilities, new experiences, new connections.
* *“The Surprising Science of Happiness”*

<https://www.ted.com/talks/dan_gilbert_the_surprising_science_of_happiness>

* Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

**Physical**

* *“Your Genes Are Not Your Fate”* <https://www.ted.com/talks/dean_ornish_your_genes_are_not_your_fate>
* Dean Ornish shares new research that shows how adopting healthy lifestyle habits can affect a person at a genetic level. For instance, he says, when you live healthier, eat better, exercise, and love more, your brain cells actually increase.
* *“Sleep Is Your Super Power”*

<https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en>

* Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye.
* *“How to Live to be 100+”*

<https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100?language=en#t-94858>

* + To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the 9 common diet and lifestyle habits that keep them spry past age 100.

**Spiritual**

* *“Older People Are Happier”*

<https://www.ted.com/talks/laura_carstensen_older_people_are_happier>

* In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people get older they become happier, more content, and have a more positive outlook on the world.
* *“Life’s Third Act”*

<https://www.ted.com/talks/jane_fonda_life_s_third_act>

* + Within this generation, an extra 30 years have been added to our life expectancy -- and these years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.
* *“4 Powerful Poems about Parkinson’s and Growing Older”* <https://www.ted.com/talks/robin_morgan_4_powerful_poems_about_parkinson_s_and_growing_older>
  + When poet Robin Morgan found herself facing Parkinson’s disease, she distilled her experiences into these four quietly powerful poems — meditating on age, loss, and the simple power of noticing.
* *“My Philosophy For A Happy Life”*

<https://www.ted.com/talks/sam_berns_my_philosophy_for_a_happy_life>

* + Born with a rare genetic disorder called progeria, Sam Berns knew he'd be facing more obstacles in life than most. This didn't stop him from taking charge of his own happiness. In this moving and inspirational talk, Berns lays out the three principles of the personal philosophy that allowed him to do so.
* *“How Do You Define Yourself”*

<https://www.ted.com/talks/lizzie_velasquez_how_do_you_define_yourself>

* + Born with a rare disorder that prevents her from gaining weight, Lizzie Velasquez has faced more negativity and bullying than most. Over time, she's developed a simple but effective coping mechanism. "Tell me those negative things," she says. "I'm gonna turn them around and use them as a ladder to climb up to my goals." In this funny, personal talk, Lizzie shares her story – and the tools to help people reject hateful perspectives while embracing self-definition.
* *How To Live Passionately No Matter Your Age”* <https://www.ted.com/talks/isabel_allende_how_to_live_passionately_no_matter_your_age>
  + Author Isabel Allende is 71. Yes, she has a few wrinkles—but she has incredible perspective too. In this candid talk, meant for viewers of all ages, she talks about her fears as she gets older and shares how she plans to keep on living passionately.
* *“Measuring What Makes Life Worthwhile”*

<https://www.ted.com/talks/chip_conley_measuring_what_makes_life_worthwhile>

* When the dotcom bubble burst, hotelier Chip Conley went in search of a business model based on happiness. In an old friendship with an employee and in the wisdom of a Buddhist king, he learned that success comes from what you count.
* *“My Year Of Saying Yes To Everything”*

<https://www.ted.com/talks/shonda_rhimes_my_year_of_saying_yes_to_everything>

* Shonda Rhimes, the titan behind Grey's Anatomy, Scandal and How to Get Away With Murder, is responsible for some 70 hours of television per season, and she loves to work. "When I am hard at work, when I am deep in it, there is no other feeling," she says. She has a name for this feeling: The hum. The hum is a drug, the hum is music, the hum is God's whisper in her ear. But what happens when it stops? Is she anything besides the hum? In this moving talk, join Rhimes on a journey through her "year of yes" and find out how she got her hum back.
* *“A Virtual Choir 2000 Voices Strong”*

<https://www.ted.com/talks/eric_whitacre_a_virtual_choir_2_000_voices_strong>

* In a moving and madly viral video last year, composer Eric Whitacre led a virtual choir of singers from around the world. He talks through the creative challenges of making music powered by YouTube, and unveils the first 2 minutes of his new work, "Sleep," with a video choir of 2,052. The full piece premiered a few weeks later (yes, on YouTube!).
* *“Living Beyond Limits”*

<https://www.ted.com/talks/amy_purdy_living_beyond_limits>

* When she was 19, Amy Purdy lost both her legs below the knee. And now ... she's a pro snowboarder (and a killer competitor on "Dancing with the Stars"!). In this powerful talk, she shows us how to draw inspiration from life's obstacles.
* *“The Three A’s Of Awesome”*

<https://www.ted.com/talks/neil_pasricha_the_3_a_s_of_awesome>

* Neil Pasricha's blog 1000 Awesome Things savors life's simple pleasures, from free refills to clean sheets. In this heartfelt talk, he reveals the 3 secrets (all starting with A) to leading a life that's truly awesome.
* *“The Opportunity of Adversity”*

<https://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity>

* The thesaurus might equate "disabled" with synonyms like "useless" and "mutilated," but ground-breaking runner Aimee Mullins is out to redefine the word. Defying these associations, she shows how adversity -- in her case, being born without shinbones -- actually opens the door for human potential.
* *“There’s More to Life than Being Happy”*

<https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy>

* Our culture is obsessed with happiness, but what if there's a more fulfilling path? Happiness comes and goes, says writer Emily Esfahani Smith, but having meaning in life -- serving something beyond yourself and developing the best within you -- gives you something to hold onto. Learn more about the difference between being happy and having meaning as Smith offers four pillars of a meaningful life.
* *“An Unexpected Place of Healing*”

<https://www.ted.com/talks/ramona_pierson_an_unexpected_place_of_healing#t-41362>

* When Ramona Pierson was 22, she was hit by a drunk driver and spent 18 months in a coma. In this talk, she tells the remarkable story of her recovery -- drawing on the collective skills and wisdom of a senior citizens' home.