



Jade Bonacolta ✓

TED Talks are free education.

But 99% don't know the best ones to watch.

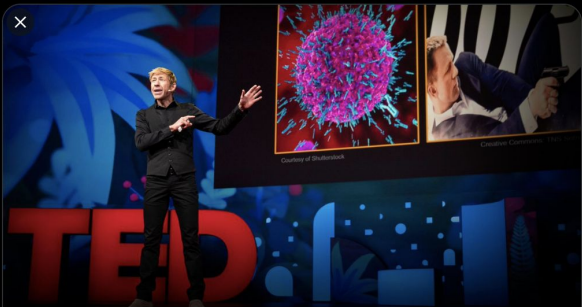
Here are 8 of the most powerful TED Talks of all time:



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1. Dr. Matthew Walker

“Sleep is your superpower”



ted.com

Sleep is your superpower

Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive int...



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2. Brené Brown

“The power of vulnerability”



ted.com

The power of vulnerability

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight fro...



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3. Simon Sinek

“How great leaders inspire action”





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4. Chimamanda Ngozi Adichie

“The danger of a single story”



ted.com

The danger of a single story

Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her ...



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5. Angela Lee Duckworth

“Grit: The power of passion and perseverance”



ted.com

Grit: The power of passion and perseverance

Leaving a high-flying job in consulting, Angela Lee Duckworth took a job teaching math to seventh graders in a New York public school. ...



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6. Sir Ken Robinson

“Do schools kill creativity?”



ted.com

Do schools kill creativity?

Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than ...



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7. Susan Cain

“The power of introverts”



ted.com

The power of introverts

In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan ...



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8. Adam Grant

“The surprising habits of original thinkers”



ted.com

The surprising habits of original thinkers

How do creative people come up with great ideas? Organizational psychologist Adam Grant studies "originals": thinkers who dream up...



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Which TED talks would you add?
Let me know in the comments!