

7 TED TALKS TO SEE BEFORE YOU DIE



1. Sleep is Your Superpower

Matt Walker (PhD) spent two decades studying the relationship between sleep and performance.

Here, he warns viewers of the risks of sleep deprivation and explains how proper sleep can transform your life:



2. A Simple Way to Break a Bad Habit

Judson Brewer is a psychiatrist who specializes in habit formation.

In this talk, he breaks down the complex science behind habits and gives great techniques for how to rewire your brain.



3. The Art of Choosing

Success is about the choices you make. Sheena Lyengar is a business professor at Columbus who has made it her mission to understand why humans make the choices they do.

Her amazing insights will help you make better decisions.



4. Got A Meeting? Take A Walk

Nilofer Merchant sees sitting as the cigarettes of our generation.

In just 4 minutes, she explains that excessive sitting is the silent killer for our generation, and suggests a simple remedy to the sitting pandemic.



5. What I Learned from Going Blind In Space

Chris Hadfield was the commander for the International Space Station, so he's no stranger to stress or fear.

In this talk, he tells an amazing story with a lesson about overcoming fear to get the job done.



6. Extreme Ownership

Jocko Willink is a Navy SEAL who has mastered the art of discipline and accountability, and now his goal is to help you do the same.

His stories and insights will help you live a life of responsibility and independence.



7. Why Reading Matters

Rita Carter is a neuroscientist who wants to help people understand the true impact of reading on our memory, imagination, and behavior.

Listen to her break down how 30 minutes of reading a day can transform your life.



8. The Power of Fitness

Think you don't have time to exercise? Vincent Lam is a personal trainer with a degree in kinesiology who wants to dispel that myth.

In 15 minutes, he explains the ways prioritizing your fitness can transform and save your life.

