



TED Talks

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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.

How to make stress your friend - Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

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. She quickly realized that IQ wasn't the only thing separating the successful students from those who struggled. Here, she explains her theory of "grit" as a predictor of success.

Michelle Obama - A passionate, personal case for education - Speaking to an audience of students, former US First Lady Michelle Obama reminds each one to take their education seriously - and never take it for granted. This new, brilliant generation, she tells us, is the one that could close the gap between the world as it is and the world as it should be.

How Maths is our Real Sixth Sense - In this engaging talk, high school math teacher and YouTube star Eddie Woo shares his passion for mathematics, calling it an extra sense that we can all access. Using real-world examples of geometry, he encourages everyone to seek out the patterns around them for "a whole new way to see the world."

What Makes a Word Real? - One could argue that slang words like 'hangry,' 'defriend' and 'adorkable' fill crucial meaning gaps in the English language, even if they don't appear in the dictionary. After all, who actually decides which words make it into those pages? Language historian Anne Curzan gives a charming look at the humans behind dictionaries, and the choices they make.