

# Tom's Favorite TED Talks

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I find that TED Talks can be a great source of information and inspiration. Here are some of my favorite TEDs in no particular order because they form a mighty chorus of the empowerment of accountability and the role of compassion in the human experience. These speakers rock my world, so I want to share!



## **Susan David - The gift and power of emotional courage**

#susandavid #emotionalagility

[https://www.ted.com/talks/susan\\_david\\_the\\_gift\\_and\\_power\\_of\\_emotional\\_courage?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## **Mel Robbins - How to stop screwing yourself over**

[https://www.ted.com/talks/mel\\_robbins\\_how\\_to\\_stop\\_screwing\\_yourself\\_over?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/mel_robbins_how_to_stop_screwing_yourself_over?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## **Amy Morin - The secret of becoming mentally strong**

<https://youtu.be/TFbv757kup4>

## **Lidia Yuknavitch – The beauty of being a misfit**

[https://www.ted.com/talks/lidia\\_yuknavitch\\_the\\_beauty\\_of\\_being\\_a\\_misfit?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/lidia_yuknavitch_the_beauty_of_being_a_misfit?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## **Jonathan Bricker - The secret to self-control**

<https://youtu.be/tTb3d5cjSFI>

## **Guy Winch - Why we all need to practice emotional first aid**

[https://www.ted.com/talks/guy\\_winch\\_why\\_we\\_all\\_need\\_to\\_practice\\_emotional\\_first\\_aid?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## **Lisa Barret Feldman - You aren't at the mercy of your emotions – your brain creates them**

[https://www.ted.com/talks/lisa\\_feldman\\_barrett\\_you\\_aren\\_t\\_at\\_the\\_mercy\\_of\\_your\\_emotions\\_your\\_brain\\_creates\\_them?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/lisa_feldman_barrett_you_aren_t_at_the_mercy_of_your_emotions_your_brain_creates_them?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## **Sauna Shapiro - The power of mindfulness: What your practice grows stronger #shaunashapiro**

<https://youtu.be/IeblJdB2-Vo>

## **Isaac Lidsky - What reality are you creating for yourself?**

[https://www.ted.com/talks/isaac\\_lidsky\\_what\\_reality\\_are\\_you\\_creating\\_for\\_yourself?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/isaac_lidsky_what_reality_are_you_creating_for_yourself?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**Lori Gottlieb - How changing your story can change your life #lorigottlieb**

[https://www.ted.com/talks/lori\\_gottlieb\\_how\\_changing\\_your\\_story\\_can\\_change\\_your\\_life?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/lori_gottlieb_how_changing_your_story_can_change_your_life?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**Brene Brown - The power of vulnerability #brenebrown**

[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**Kristin Neff - Overcoming objections to self-compassion (Not a TED, but still rocks!) #kristinneff**

<https://youtu.be/YFhcNPjIMjc>

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***Extra Credit!***

**Guy Winch – How to turn off work thoughts during your free time**

[https://www.ted.com/talks/guy\\_winch\\_how\\_to\\_turn\\_off\\_work\\_thoughts\\_during\\_your\\_free\\_time?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/guy_winch_how_to_turn_off_work_thoughts_during_your_free_time?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**Guy Winch – How to fix a broken heart**

[https://www.ted.com/talks/guy\\_winch\\_how\\_to\\_fix\\_a\\_broken\\_heart?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/guy_winch_how_to_fix_a_broken_heart?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**Lisa Barret Feldman – Cultivation Wisdom: The Power of Mood**

[https://www.ted.com/talks/lisa\\_feldman\\_barrett\\_cultivating\\_wisdom\\_the\\_power\\_of\\_mood?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/lisa_feldman_barrett_cultivating_wisdom_the_power_of_mood?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

**Brene Brown - Listening to shame**

[https://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/brene_brown_listening_to_shame?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

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