

## **SUGGESTED TEDTalks:**

- [The Happy Secret to Better Work](#) | Shawn Achor
- [The Problem with Purpose](#) | Jordan Axani
- [The Power of Vulnerability](#) | Brene Brown
- [Listening to Shame](#) | Brene Brown
- [The Power of Introverts](#) | Susan Cain
- [The Gift & Power of Emotional Courage](#) | Susan David
- [Lessons from the Mental Hospital](#) | Glennon Doyle
- [Grit: The Power of Passion & Perseverance](#) | Angela Duckworth
- [The Power of Believing that You can Improve](#) | Carol Dweck
- [Why You Should Define Your Fears Instead of Your Goals](#) | Tim Ferriss
- [How Changing Your Story Can Change Your Life](#) | Lori Gottlieb
- [The Surprising Habits of Original Thinkers](#) | Adam Grant
- [Depression is a Disease of Civilization](#) | Steve Ilardi
- [How to Make Stress Your Friend](#) | Kelly McGonigal
- [The Space Between Self-Esteem & Self-Compassion](#) | Kristen Neff
- [The Power of Appreciation](#) | Mike Robbins
- [The New Era of Positive Psychology](#) | Martin Seligman
- [The Brain-Changing Benefits of Exercise](#) | Wendy Suzuki
- [Why We're Unhappy - The Expectation Gap](#) | Nat Ware