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 Postive Psychology | Martin Seligman
- The Brain-Changing Benefits of Exercise | Wendy Suzuki
- Why We're Unhappy - The Expectation Gap | Nat Ware