

# TED – Ideas Worth Spreading

AMH

11/10/11

Julian Treasure – [5 Ways to Listen](#) (7:50)

In our louder and louder world, says sound expert Julian Treasure, “We are losing our listening.” In this short, fascinating talk, Treasure shares five ways to re-tune your ears for conscious listening – to other people and the world around you.

Neil Pasricha – [The 3 A's of Awesome](#) (17:33)

Neil Pasricha's blog [www.1000awesomethings.com](http://www.1000awesomethings.com) savors life's simple pleasures, from free refills to clean sheets. In this heartfelt talk from TEDxToronto, he reveals the 3 secrets (all starting with A) to leading a life that's truly awesome

Seth Godin [on standing out](#) (17:05)

In a world of too many options and too little time, our obvious choice is to just ignore the ordinary stuff. Marketing guru Seth Godin spells out why, when it comes to getting our attention, bad or bizarre ideas are more successful than boring ones

Ric Elias: [3 things I learned while my plane crashed](#) (5:02)

Ric Elias had a front-row seat on Flight 1549, the plane that crash-landed in the Hudson River in New York on January 2009. What went through his mind as the doomed plane went down? At TED, he tells his story publicly for the first time.

Matt Cutts: [Try something new for 30 days](#) (3:27)

Is there something you've always meant to do, wanted to do, but just...haven't? Matt Cutts suggests: Try it for 30 days. This short, lighthearted talk offers a new way to think about setting and achieving goals.

Mark Bezor: [A life lesson from a volunteer firefighter](#) (4:07)

Volunteer firefighter Mark Bezor tells a story of an act of heroism that didn't go quite as expected – but that taught him a big lesson: Don't wait to be a hero.

Caroline Casey: [Looking past limits](#) (15:34)

Activist Caroline Casey tells the story of her extraordinary life, starting with a revelation (no spoilers). In a talk that challenges perceptions, Casey asks us all to move beyond the limits we may think we have.

Laura Trice [suggests we all say thank you](#) (3:32)

In this deceptively simple 3-minute talk, Dr. Laura Trice muses on the power of the magic words “thank you” – to deepen a friendship, to repair a bond, to make sure another person knows what they mean to you. Try it.

Richard St. John's [8 Secrets of success](#) (3:30)

Why do people succeed? Is it because they're smart? Or are they just lucky? Neither. Analyst Richard St. John condenses years of interviews into an unmissable 3-minute slideshow on the real secrets of success.

Ron Gutman: [The hidden power of smiling](#) (7:26)

Ron Gutman reviews a raft of studies about smiling, and reveals some surprising results. Did you know your smile can be a predictor of how long you'll live – and that a simple

smile has a measureable effect of your overall well-being? Prepare to flex a few facial muscles as you learn more about this evolutionarily contagious behavior.

Nigel Marsh: [How to make work-life balance work](#) (10:05)

Work-life balance, says Nigel Marsh, is too important to be left in the hands of your employer. At TEDxSydney, Marsh lays out an idea day balanced between family time, personal time and productivity – and offers some stiring encouragement to make it happen.

**5/22/2012**

Susan Cain: [The Power of Introverts](#) (19:04)

In a culture where being social and outgoing are prized above all else, it can be difficult, even shameful, to be an introvert. But, as Susan Cain argues in this passionate talk, introverts bring extraordinary talents and abilities to the world, and should be encouraged and celebrated.

Susan Cain: [The Secret Power of Introverts: A Quiet Revolution](#) (4:10)

author of *Quiet*, says a cultural bias against introverts leads to wasted talent.

Pamela Meyer : [How to spot a liar](#) (18:51)

On any given day we're lied to from 10 to 200 times, and the clues to detect those lie can be subtle and counter-intuitive. Pamela Meyer, author of *Liespotting*, shows the manners and "hotspots" used by those trained to recognize deception -- and she argues honesty is a value worth preserving.

Brene Brown: [The Power of Vulnerability](#) (20:50)

our ability to empathize, belong, love. She shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

Krista Tippett: [Reconnecting with Compassion](#) (17:53)

deconstructs the meaning of compassion through several moving stories, and proposes a new, more attainable definition for the word.

Peter Diamandis: [Abundance is our future](#) (16:15)

makes a case for optimism -- that we'll invent, innovate and create ways to solve the challenges that loom over us. "I'm not saying we don't have our set of problems; we surely do. But ultimately, we knock them down."

Nipun Mehta: [Designing for Generosity](#) (18:10)

Nipun Mehta is the founder of ServiceSpace (formerly Charity Focus), an incubator of projects that works at the intersection of volunteerism, technology and gift-economy. What started as an experiment with four friends in the Silicon Valley has now grown to an global ecosystem of over 350,000 members that has delivered millions of dollars in service for free.

**12/16/2012**

Taylor Mali: [What teachers make](#) (3:03)

Ever heard the phrase "Those who can't do, teach"? At the Bowery Poetry Club, slam poet Taylor Mali begs to differ, and delivers a powerful, 3-minute response on behalf of educators everywhere.

Simon Sinek: [How great leaders inspire action](#) (18:05)

A simple but powerful model for inspirational leadership all starting with a golden circle and the question "Why?" His examples include Apple, Martin Luther King, and the Wright brothers ...

Drew Dudley: [Everyday Leadership](#) (6:15)

We have all changed someone's life -- usually without even realizing it. In this funny talk, Drew Dudley calls on all of us to celebrate leadership as the everyday act of improving each other's lives

Shawn Achor: [The happy secret to better work](#) (12:21)

We believe that we should work to be happy, but could that be backwards? In this fast-moving and entertaining talk, psychologist Shawn Achor argues that actually happiness inspires productivity.

Stanley McChrystal: [Listen, learn....then lead](#) (15:39)

Four-star general Stanley McChrystal shares what he learned about leadership over his decades in the military. How can you build a sense of shared purpose among people of many ages and skill sets? By listening and learning -- and addressing the possibility of failure. "I came to believe that a leader isn't good because they're right; they're good because they're willing to learn and to trust."

Randy Pausch: [Really achieving your childhood dreams](#) (1:16:27)

In 2007, Carnegie Mellon professor Randy Pausch, who was dying of pancreatic cancer, delivered a one-of-a-kind last lecture that made the world stop and pay attention. This moving talk will teach you how to really achieve your childhood dreams. Unmissable.

Kathryn Schulz: [On being wrong](#) (17:52)

Most of us will do anything to avoid being wrong. But what if we're wrong about that? "Wrongologist" Kathryn Schulz makes a compelling case for not just admitting but embracing our fallibility.