

# TED TALKS LINKED TO HAPPINESS

Here is a selection of great TED talks for your inspiration and enjoyment.

We've linked each video to one of the Ten Keys to Happiness but there are many overlaps.

You can find them by typing these titles into the search bar of [www.youtube.com](http://www.youtube.com)

## **Giving**

Paul Zak: Trust, Morality and Oxytocin

Matthieu Ricard: The Habits of Happiness

Laura Trice: The Power of Saying Thank You

## **Relating**

Brené Brown: The Power of Vulnerability

Krista Tippett: Reconnecting with Compassion

Ron Gutman: The Power of Smiling

## **Exercise**

Mihaly Csikszentmihalyi: Flow, the Secret to Happiness

Emily Balcetis: Some People Find Exercise Harder

## **Appreciation**

David Steindl Rast: Want to be Happy? Be Grateful

Tania Luna – How a Penny Made me Feel like a Millionaire

Nataly Kogan – Sharer of Joy

## **Trying New Things**

Ben Zander – The Transformative Power of Classical Music

Andy Puddicombe: All it Takes is 10 Mindful Minutes

## **Direction**

Carrie Green – Programming your Mind for Success

Magnus Walker: Go with your Gut Feeling

Alain de Botton: A Kinder, Gentler Idea of Success

## **Resilience**

Lizzie Velasquez – How DO YOU Define Yourself?

Peter Diamandis: Abundance is our Future

Jane McGonigal: The Game that Brings 10 Extra Years of Life

## **Emotions (Take a Positive Approach)**

Shawn Achor: The Happy Secret to Better Work

Nancy Etcoff: Happiness and its Surprises

Sean Stephenson: The Prison of your Mind

## **Acceptance**

Susan Cain: The Power of Introverts

Daniel Kahneman: Experience vs. Memory

Dan Gilbert: The Surprising Science of Happiness

## **Meaning**

Nic Marks: The Happy Planet Index

Martin Seligman: The New Era of Positive Psychology

Paul Bloom: The Origins of Pleasure

## Action for Happiness Links

[www.meetup.com/Action-for-Happiness-Brighton/](http://www.meetup.com/Action-for-Happiness-Brighton/)

[www.actionforhappiness-inbrighton.org.uk/](http://www.actionforhappiness-inbrighton.org.uk/)

[www.actionforhappiness.org](http://www.actionforhappiness.org)

We also have a Facebook group, '[Action for Happiness Brighton Forum](#)'