

# Twitter Thread by Fredo

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**There are more than 3,000 TED Talks.**

**Here are the top 10 TED Talks that will change your life:**

1. How to make stress your friend

<https://t.co/6R1qbsZT3S>

2. Inside the mind of a master procrastinator

<https://t.co/AopkkLPxCg>

3. Your body language may shape who you are

<https://t.co/zRpJ6JoRrg>

4. The puzzle of motivation

<https://t.co/8lnlj6e09s>

5. How to speak so that people want to listen

<https://t.co/tXmmLWI4yZ>

6. 10 ways to have a better conversation

<https://t.co/UKh0hYURjU>

7. What makes a good life? Lessons from the longest study on happiness

<https://t.co/NIIYhf2j9N>

8. The power of introverts

<https://t.co/RkOXqTqBB9>

9. Grit: the power of passion and perseverance

<https://t.co/UuwIImvBRz>

10. Do schools kill creativity?

<https://t.co/7YJWWJC96S>

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