Twitter Thread by Colby Kultgen



Colby Kultgen
@thecolbykultgen

The 7 TED Talks everyone should watch:

1. The first 20 hours -- how to learn anything | Josh Kaufman

https://t.co/lZyHhhQYrb

Watch this to learn:
- The misconception about the "10,000 Rule"
- How quickly you can really learn something
- 4 key steps to skill acquisition

2. How to speak so that people want to listen | Julian Treasure

https://t.co/kt1Q1P5Y4d

Watch this to learn:
- The 7 deadly sins of speaking
- The 4 foundations of good speech
- How to build your speech toolkit

3. After watching this, your brain will not be the same | Lara Boyd

https://t.co/gafwheq8cJ

Watch this to learn:
- Common misconceptions about the brain
- How to make positive changes to your brain
- There is no age limit to neuroplasticity

4. 5 Hindrances to self-mastery | Shi Heng YI

https://t.co/grGJAMBN77

Watch this to learn about:
- Why experience is so valuable

- The principles of living a good life
- 5 hindrances you will face on your journey

5. Life is easy. Why do we make it so hard? | Jon Jandai

https://t.co/1yICpfaMMf

Watch this to learn:
- The power of a simple life
- The value of having time to yourself
- The dangers of overcomplicating everything

6. Grit: the power of passion and perseverance | Angela Lee Duckworth

https://t.co/ioMKBIJQJW

Watch this to learn:
- How to overcome disadvantages in life
- Why hard work wins out in the end
- The true key to success

7. What makes a good life? | Robert Waldinger

https://t.co/CvEgXkuWqw

Watch this to learn:
- The world's longest study of happiness
- The power of good relationships
- The "key" to living a fulfilled life

Don't forget.
Knowledge is only power when applied.

That's a wrap!

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> — Colby Kultgen (@thecolbykultgen) January 20, 2023