Twitter Thread by MATT GRAY

MATT GRAY
@matt_gray_

9 TED Talks in 9 days that will change your life:

Day 1:

Sleep is your Superpower by Matt Walker

• How we can get better sleep
• Why sleep is our life-support system
• Sleep's impact on learning, memory, and our immune system

https://t.co/twXVDDvk3B

Day 2:

The Power of Vulnerability by Brene Brown

• How happiness leads to courage
• Understand the importance of feeling connected

https://t.co/gbeYrQA3FH

Day 3:

Inside the Mind of a Master Procrastinator by Tim Urban

• The conflict between the "instant gratification monkey" and the rational mind
• Why we binge YouTube and Netflix to avoid important work

https://t.co/D3eyJBfnfw

Day 4:

Your Body Language May Shape Who You Are by Amy Cuddy

• Power-posing and how it can change your mood

• How confidence leads to more successful outcomes

https://t.co/nKSSmEEv5m

Day 5:

Grit: The Power of Passion and Perseverance by Angela Lee Duckworth

• How to develop grit
• Why your grit correlates with success more than your IQ

https://t.co/2UkyQDALZN

Day 6:

The Happy Secret to Better Work by Shawn Achor

• How to use the "happiness advantage"
• How to use happiness to inspire you to be more productive

https://t.co/EvgRwQrBcX

Day 7:

Your Elusive Creative Genius by Elizabeth Gilbert

• Learn what makes someone a genius
• How to find your own unique, creative genius

https://t.co/BOM1vVdepH

Day 8:

The Power of Introverts by Susan Cain

• How to maximize creativity as an introvert
• Why many transformative leaders were introverts

https://t.co/h6Q9ec9URm

Day 9:

How to Spot a Liar by Pamela Meyer

• Every day we are lied to 10 to 200 times; learn to detect when
• What "hot spots" and tricks experts use to recognize deception

https://t.co/d7CBVmHqDO

Want to go deeper?

I run a (free) Growth Workshop in 12 days.

I'll be giving away a $449 Productivity Masterclass for free.

I'd love to see you there ■

https://t.co/fQdgvwPs5V

Thanks for reading! Follow me @matt_gray_ for more content like this.