

Twitter Thread by MATT GRAY

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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 Brené 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/fQdgwPs5V>

Thanks for reading! Follow me [@matt_gray](#) for more content like this.