

BJ Miller What really matters at the end of life 2015 17 min.

At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a hospice and palliative medicine physician who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life.

This talk was presented at an official TED conference, and was featured by our editors on the home page.

BJ Miller, Palliative care physician, uses empathy and a clear-eyed view of mortality to shine a light on healthcare's most ignored facet: preparing for death.

Ellen Goodman The Conversation Project 2016 12 min.

<https://youtu.be/xbWcLYOniWU>

Elizabeth Lesser Say your truths and seek them in others 2016 16 min.

In a lyrical, unexpectedly funny talk about heavy topics such as frayed relationships and the death of a loved one, Elizabeth Lesser describes the healing process of putting aside pride and defensiveness to make way for soul-baring and truth-telling. "You don't have to wait for a life-or-death situation to clean up the relationships that matter to you," she says. "Be like a new kind of first responder ... the one to take the first courageous step toward the other."

[Elizabeth Lesser, wellness specialist, helps her readers and students transform their lives after brushes with pain, adversity and life's myriad problems.](#)

Susan Pinker The secret to living longer may be your social life 16 min

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy - it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond.

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About the speaker

Susan Pinker · Developmental psychologist - Susan Pinker reveals how in-person social interactions are not only necessary for human happiness but also could be a key to health and longevity.

Emily Esfahani Smith There's more to life than being happy 2017 12 min

Our culture is obsessed with happiness, but what if there's a more fulfilling path? Happiness comes and goes, says writer Emily Esfahani Smith, but having meaning in life -- serving something beyond yourself and developing the best within you -- gives you something to hold onto. Learn more about the difference between being happy and having meaning as Smith offers four pillars of a meaningful life.

Steven Pinker Is the world getting better or worse? 2018 18 min

Was 2017 really the "worst year ever," as some would have us believe? In his analysis of recent data on homicide, war, poverty, pollution and more, psychologist Steven Pinker finds that we're doing better now in every one of them when compared with 30 years ago. But progress isn't inevitable, and it doesn't mean everything gets better for everyone all the time, Pinker says.

Instead, progress is problem-solving, and we should look at things like climate change and nuclear war as problems to be solved, not apocalypses in waiting. "We will never have a perfect world, and it would be dangerous to seek one," he says. "But there's no limit to the betterments we can attain if we continue to apply knowledge to enhance human flourishing."

Frans Lanting [Photos that give voice to the animal kingdom](#) 2014 5 min.

Nature photographer Frans Lanting uses vibrant images to take us deep into the animal world. In this short, visual talk he calls for us to reconnect with other earthly creatures, and to shed the metaphorical skins that separate us from each other.

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Frans Lanting, Nature photographer, is one of the greatest nature photographers of our time. His work has been featured in National Geographic, Audubon and Time, as well as numerous award-winning books. Lanting's recent exhibition, The LIFE Project, offers a lyrical interpretation of the history of life on Earth.

Elizabeth Streb [My quest to defy gravity and fly](#) 2018 9 min.

Over the course of her fearless career, extreme action specialist Elizabeth Streb has pushed the limits of the human body. She's jumped through broken glass, toppled from great heights and built gizmos to provide a boost along the way. Backed by footage of her work, Streb reflects on her lifelong quest to defy gravity and fly the only way a human can -- by mastering the landing.

Elizabeth Streb · Action and hardware architect Elizabeth Streb is an extreme action specialist who flies, crash-lands and invents hardware to get higher, faster, sooner, harder.