

AUTHENTIC PSYCHOLOGY IMPROVEMENT VIDEOS
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CONNECTION

- You are not alone in your loneliness
- The bridge between suicide and life -Briggs
- The Lethality of Loneliness -Cacioppo
- The secret to living longer may be your social life -Pinker

COMPASSION

- Why we all need to practice motional first aid -Winch
- This could be why you're depressed and anxious -Hari
- A kinder, gentler philosophy of success - de Botton
- How childhood trauma affects health across a lifetime -Harris
- Looks aren't everything. Believe me, I'm a model -Russell
- The power of vulnerability -Brown

MOTIVATION

- How great leaders inspire action -Sinek
- Forget big change, start with a tiny habit -Fogg
- The first 20 hours -How to learn anything -Kaufman
- What makes us feel good about our work? -Ariely
- The puzzle of motivation -Pink

COMMUNICATION

- How to speak so that people want to listen -Treasure

ANXIETY

- Our lonely society makes it hard to come home from war -Junger
- How to make stress your friend -McGonigal

PHYSICAL

- 23 and 1/2 hours: What is the single best thing we can do for our health -Evans
- Sleep is your superpower -Walker
- The brain benefits of deep sleep - and how to get more of it

HAPPINESS/ MOOD

- The riddle of experience vs. memory - Kahneman
- The game that can give you 10 extra years of life -McGonigal
- How to fix a broken heart -Winch
- How to buy happiness -Norton
- The happy secret to better work -Achor
- The surprising science of happiness -Gilbert
- The optimism bias -Sharot
- The art of stillness -Iyer
- The paradox of choice - Schwartz
- The psychology of our future self - Gilbert

ADDICTION

- Kiwi tastes a golden nugget
- Everything you know about addiction is wrong -Hari
- How isolation fuels opioid addiction -Wurzman