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***How to manage your mental health |  
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***Tom Wujec: The Future of Design  
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of design at the 10th WORLD.MINDS

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attention determines the state of our lives. So how do we harness our attention to focus ...

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***How to motivate yourself to change  
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***TEDxCambridge*** What does make us change our actions? Tali Sharot reveals three ingredients to doing what's good for yourself.

Dr. Tali ...

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***After watching this, your brain will not be the same | Lara Boyd | TEDxVancouver*** In a classic research-based TEDx Talk, Dr. Lara Boyd describes how neuroplasticity gives you the power to shape the brain you ...

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83,000 brain scans | Daniel Amen |***

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you'll be stressed | Daniel Levitin***

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You're not at your best when you're stressed. In fact, your brain has evolved over millennia to release cortisol in stressful ...

***Looks aren't everything. Believe me, I'm a model. | Cameron Russell***

Cameron Russell admits she won "a genetic lottery": she's tall, pretty and an

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underwear model. But don't judge her by her ...

## ***Tom Wujec: Exponential Change (WORLD.MINDS Belgrade)***

Presentation at WORLD.MINDS Belgrade  
on 23 May 2019.

## ***The Equations of Trust | Tom Wujec***

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| **TEDxSantaBarbara** Trust - our belief in the reliability of a person, idea, or thing - establishes underlying frameworks shaping every relationship. Master ...

***The Elephant in Your Office Has a Mental Illness | Ashley Sides Johnson | TEDxEvansville*** Is there an

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***Snack on Exercise - Boost Your Mind, Body and Mood | Lauren Parsons | TEDxOneonta*** Exercise has incredible life-giving properties, fighting

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depression & disease, yet so many people miss out on these benefits.

***Emotional Fitness: Reflection of an Olympic Swimmer | Michael Jamieson |***

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***Toward a new understanding of mental illness - Thomas Insel*** View full lesson: <http://ed.ted.com/lessons/toward-a-new-understanding-of-mental-illness-thomas-insel> Today, thanks to better ...



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