**Переглянути і написати відгук до ТЕД-лекції  (обрати). До всіх лекцій доступні субтитри.**

**Рекомендовані виступи для психологів.**

**Recommended TED talks: Ideas worth spreading**

1. **Helen Fisher: The brain in love**  <https://www.ted.com/talks/helen_fisher_studies_the_brain_in_love>

Why do we crave love so much, even to the point that we would die for it? To learn more about our very real, very physical need for romantic love, Helen Fisher and her research team took MRIs of people in love -- and people who had just been dumped.

**Helen Fisher: Why we love, why we cheat**<https://www.ted.com/talks/helen_fisher_tells_us_why_we_love_cheat>

Anthropologist Helen Fisher takes on a tricky topic – love – and explains its evolution, its biochemical foundations and its social importance. She closes with a warning about the potential disaster inherent in antidepressant abuse.

1. **Amy Cady: Your body language shapes who you are**<https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are>?

Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy argues that "power posing" — standing in a posture of confidence, even when we don't feel confident — can boost feelings of confidence, and might have an impact on our chances for success.

 Every morning we wake up and regain consciousness -- that is a marvelous fact -- but what exactly is it that we regain? Neuroscientist Antonio Damasio uses this simple question to give us a glimpse into how our brains create our sense of self.

1. **Robert Waldinger What makes a good life? Lessons from the longest study on happiness**

 https://www.ted.com/talks/robert\_waldinger\_what\_makes\_a\_good\_life\_lessons\_from\_the\_longest\_study\_on\_happiness

1. [**Dan Gilbert: The surprising science of happiness**](https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy)<https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy>

Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we’ll be miserable if we don’t get what we want. Our "psychological immune system" lets us feel truly happy even when things don’t go as planned.

1. **Brené Brown: The power of vulnerability** <https://www.ted.com/talks/brene_brown_on_vulnerability>

Brené Brown studies human connection — our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share.

1. **Dan Pink: The puzzle of motivation**
<https://www.ted.com/talks/dan_pink_on_motivation>

Career analyst Dan Pink examines the puzzle of motivation, starting with a fact that social scientists know but most managers don't: Traditional rewards aren't always as effective as we think. Listen for illuminating stories — and maybe, a way forward.

1. **Guy Winch: Why we all need to practice emotional first aid**<https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene>

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don’t we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don’t have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

1. **Scott Dinsmore: How to find work you love** https://www.ted.com/talks/scott\_dinsmore\_how\_to\_find\_work\_you\_love

Scott Dinsmore quit a job that made him miserable, and spent the next four years wondering how to find work that was joyful and meaningful. He shares what he learned in this deceptively simple talk about finding out what matters to you — and then getting started doing it.

1. **Kelly Mcgonigal: How to make stress your friend?**<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend>

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

1. **Artificial Intelligence Meets Mental Health Therapy** <https://www.ted.com/talks/andy_blackwell_artificial_intelligence_meets_mental_health_therapy>About using AI in the delivery of mental health care for tens of thousands of patients with compelling results. He shares their approach as well as a vision for treating mental health conditions, which underpins his "Eight Billion Minds" program.