

Download Walking Your Talk Changing Your Life Through The Magic Of Body Language

Body dysmorphia and body shaming don't discriminate against age, race, sexuality, gender or economic status - these talks explore journeys of people dealing with bullying, eating disorders and ...Sooner or later depression forces you to make changes in your worklife. If adapting at your present job doesn't help, then it's probably time to look at other possibilities. However difficult, impractical or even impossible the alternatives might seem, it's worth considering what else you could do. This post looks at three strategies that could help you manage depression by changing your work ...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. NOTE: Some of the findings presented in this talk have been referenced in an ongoing ...TED Talk Subtitles and Transcript: In this highly personal talk from TEDMED, magician and stuntman David Blaine describes what it took to hold his breath underwater for 17 minutes -- a world record (only two minutes shorter than this entire talk!) -- and what his often death-defying work means to him. Warning: do NOT try this at home.