

TED

Ideas Worth Spreading

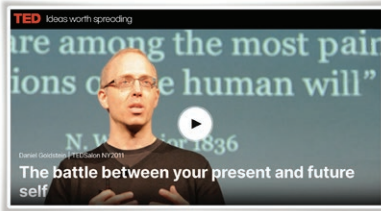
The 16 Best **TED** Talks for Retirees



TED Talks are influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages. These talks are posted online for free distribution under the slogan, “Ideas Worth Spreading”

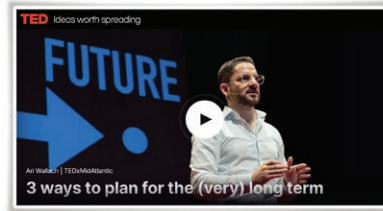
We’ve assembled 16 of the best **TED** Talks for Pre & Post Retirees on various topics all geared to **Help You Succeed In Retirement.**

Enjoy watching!



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Every day, we make decisions that have good or bad consequences for our future selves. (Can I skip flossing just this one time?) Daniel Goldstein makes tools that help us imagine ourselves over time, so that we make smart choices for Future Us.



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We increasingly make decisions based on short-term goals and gains -- an approach that makes the future more uncertain and less safe. How can we learn to think about and plan for a better future in the long term ... like, grandchildren-scale long term? Ari Wallach shares three tactics for thinking beyond the immediate.



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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.



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Within this generation, an extra 30 years have been added to our life expectancy -- and these years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.



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To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the 9 common diet and lifestyle habits that keep them spry past age 100.



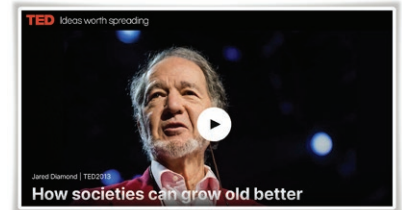
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Writer and designer Graham Hill asks: Can having less stuff, in less room, lead to more happiness? He makes the case for taking up less space, and lays out three rules for editing your life.



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What is happiness, and how can we all get some? Biochemist turned Buddhist monk Matthieu Ricard says we can train our minds in habits of well-being, to generate a true sense of serenity and fulfillment.



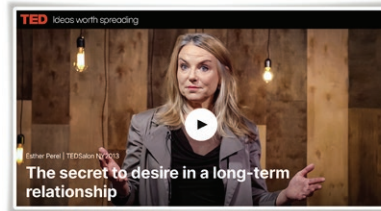
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There's an irony behind the latest efforts to extend human life: It's no picnic to be an old person in a youth-oriented society. Older people can become isolated, lacking meaningful work and low on funds. In this intriguing talk, Jared Diamond looks at how many different societies treat their elders -- some better, some worse -- and suggests we all take advantage of experience.



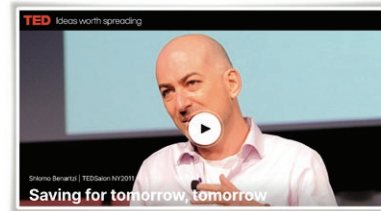
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Alzheimer's doesn't have to be your brain's destiny, says neuroscientist and author of "Still Alice," Lisa Genova. She shares the latest science investigating the disease -- and some promising research on what each of us can do to build an Alzheimer's-resistant brain.



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In long-term relationships, we often expect our beloved to be both best friend and erotic partner. But as Esther Perel argues, good and committed sex draws on two conflicting needs: our need for security and our need for surprise. So how do you sustain desire? With wit and eloquence, Perel lets us in on the mystery of erotic intelligence.



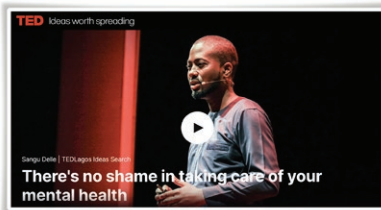
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It's easy to imagine saving money next week, but how about right now? Generally, we want to spend it. Economist Shlomo Benartzi says this is one of the biggest obstacles to saving enough for retirement, and asks: How do we turn this behavioral challenge into a behavioral solution?



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It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our future selves -- and each other. Ashton Applewhite urges us to dismantle the dread and mobilize against the last socially acceptable prejudice. "Aging is not a problem to be fixed or a disease to be cured," she says. "It is a natural, powerful, lifelong process that unites us all."



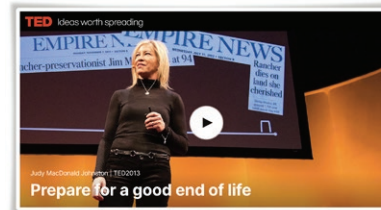
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When stress got to be too much for TED Fellow Sangu Delle, he had to confront his own deep prejudice: that men shouldn't take care of their mental health. In a personal talk, Delle shares how he learned to handle anxiety in a society that's uncomfortable with emotions. As he says: "Being honest about how we feel doesn't make us weak -- it makes us human."



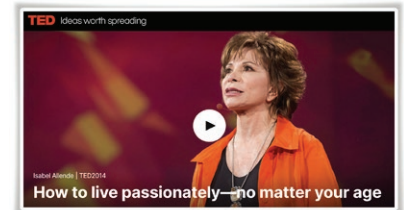
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What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone -- but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.



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Thinking about death is frightening, but planning ahead is practical and leaves more room for peace of mind in our final days. In a solemn, thoughtful talk, Judy MacDonald Johnston shares 5 practices for planning for a good end of life.



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Author Isabel Allende is 71. Yes, she has a few wrinkles—but she has incredible perspective too. In this candid talk, meant for viewers of all ages, she talks about her fears as she gets older and shares how she plans to keep on living passionately.