



Playlist (13 talks)

TED in 3 minutes

Hungry for inspiration but short on time? Watch these snack-sized talks.



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Playlist (13 talks): TED in 3 minutes



Matt Cutts

Try something new for 30 days

Is there something you've always meant to do, wanted to do, but just ... haven't? Matt Cutts suggests: Try it for 30 days. This short, lighthearted talk offers a neat way to think about setting and achieving goals.

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“A few years ago, I felt like I was stuck in a rut, so I decided to follow in the footsteps of the great American philosopher Morgan Spurlock. ...”



Camille Seaman

Photos from a storm chaser

Photographer Camille Seaman has been chasing storms for 5 years. In this talk she shows stunning, surreal photos of the heavens in tumult.

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“Everything is interconnected.

As a Shinnecock Indian I was raised to know this.”



Richard St. John

8 secrets of success

Why do people succeed? Is it because they're smart? Or are they just lucky?

Neither. Analyst Richard St. John condenses years of interviews into an unmissable 3-minute slideshow on the real secrets of success.

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“This is really a 2-hour presentation I give to high school students, cut down to three minutes, and it all started one day on a plane to TED seven years ago.”



Carolyn Porco

Could a Saturn moon harbor life?

Carolyn Porco shares exciting new findings from the Cassini spacecraft's recent sweep of one of Saturn's moons, Enceladus. Samples gathered from the moon's icy geysers hint that an ocean under its surface could harbor life.

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“Two years ago here at TED I reported that we had discovered at Saturn with the Cassini spacecraft an anomalously warm and geologically active region at the southern tip of the small Saturnian moon [Enceladus](#).”



Terry Moore

How to tie your shoes

Terry Moore found out he'd been tying his shoes the wrong way his whole life. In the spirit of TED, he takes the stage to share a better way.

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“I’m used to thinking of the TED audience as a wonderful collection of the most effective, intelligent, intellectual, savvy, worldly, and innovative people in the world, and I think that’s true, however, I also have reason to believe that many, if not most of you, are actually tying your shoes incorrectly.”



Rives

A story of mixed emoticons

Rives tells a typographical fairy tale that's short and bittersweet ;)

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:) “This means I’m smiling; so does that.” =)



Damon Horowitz

Philosophy in prison

Damon Horowitz teaches philosophy through the Prison University Project, bringing college-level classes to inmates of San Quentin State Prison. In this powerful short talk, he tells the story of an encounter with right and wrong that quickly gets personal.

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“Meet Tony: he’s my student, he’s about my age, and he’s in San Quentin State Prison.”



Stacey Kramer

The best gift I ever survived

Stacey Kramer offers a moving, personal, 3-minute parable that shows how an unwanted experience — frightening, traumatic, costly — can turn out to be a priceless gift.

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“Imagine, if you will, a gift; I’d like for you to picture it in your mind: it’s not too big, about the size of a golf ball.”



Derek Sivers

How to start a movement

With help from some surprising footage, Derek Sivers explains how movements really get started. (Hint: it takes two.)



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“So ladies and gentlemen at TED we talk a lot about leadership and how to make a movement, so let’s watch a movement happen start to finish in under three minutes and dissect some lessons from it.”



Stewart Brand

What squatter cities can teach us

Rural villages worldwide are being deserted, as billions of people flock to cities to live in teeming squatter camps and slums. Stewart Brand says this is a good thing. Why? It'll take you 3 minutes to find out.

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“Basically there’s a major demographic event going on, and it maybe that passing the 50% urban point is an economic tipping point.”



Nilofer Merchant

Got a meeting? Take a walk

Nilofer Merchant suggests a small idea that just might have a big impact on your life and health: Next time you have a one-on-one meeting, make it into a "walking meeting" — and let ideas flow while you walk and talk.

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“What you are doing right now at this very moment is killing you.” [sitting down]



Dean Ornish

The killer American diet that's sweeping the planet

Forget the latest disease in the news: Cardiovascular disease kills more people than everything else combined — and it's mostly preventable. Dr. Dean Ornish explains how changing our eating habits can save lives.

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“With all the legitimate concerns about AIDS and avian flu (and you’ll hear about that from the brilliant doctor later today), I want to talk about the other pandemics, which is cardiovascular disease, diabetes, hypertension, all of which are completely preventable for at least 95% of people just by changing diet and lifestyle.”



Laura Trice

Remember to say thank you

In this deceptively simple 3-minute talk, Dr. Laura Trice muses on the power of the magic words "thank you" — to deepen a friendship, to repair a bond, to make sure another person knows what they mean to you. Try it.



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“Hi, I’m here to talk to you the importance of praise, admiration, and [saying] thank you, and how to be specific and genuine.”