5. Find 9 minutes to watch this Ted Talk and take your working memory out for a ride. "Life comes at us very quickly, and what we need to do is take that amorphous flow of experience and somehow extract meaning from it," says educational psychologist Peter Doolittle. His enlightening presentation details the importance of your "working memory," that part of the brain that allows you to make sense of what's happening right now.

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Please let me know your favourite Ted Talks so that I can share them too. Thank you.

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