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[Why Lunch Ladies are Heroes](#) (5 minutes)

[Want Kids to Learn Well? Feed Them Well](#) (12 minutes)

[How a Team of Chefs Fed Puerto Rico after Hurricane Maria](#) (22 minutes)

[How Great Leaders Inspire Action](#) (18 minutes)

[The Happy Secret to Better Work](#) (12 minutes)

[The Difference Between Winning and Succeeding](#) (17 minutes)

[On Being Wrong](#) (17 minutes)

[The Hidden Power of Smiling](#) (7 minutes)

[Try Something New for 30 days](#) (3 minutes)

[All it Takes is 10 Mindful Minutes](#) (10 minutes)