Rethinking the Bucket List
by ted.com

How would you live every day as if it were your last? Go skydiving? Attempt to ride a bull for 2.7 seconds? Kathleen Taylor has spent over 20 years as a counselor and community engagement facilitator for the dying and has found that in the last chapter of their lives, most people become their authentic selves. They become courageous - they change their minds, apologize, forgive... they find joy in the smallest moments. In this TEDx talk, Taylor urges us not to wait until we are at the end of our lives to find our true selves.