

# 12 (Hilarious) Truths Learned From Life and Writing (Ted Talk with Anne Lamott)

Video Source: [TED](#)

Popular writer, Anne Lamott brings her keen observation and great sense of humor to this must-see Ted Talk where she identifies these 12 truths she learned from life and writing

1. All truth is a paradox.
2. Almost everything will work again if you unplug it for a few minutes (including you).
3. There is almost nothing outside of you that will help in any lasting way (unless you're waiting for an organ). Life is an inside job.
4. Everyone is screwed up, clingy and scared, so try not compare your insides to other people's outsides. Give yourself radical self-care.
5. Chocolate with 75% cacao is not actually a food.
6. Every writer you know rewrites over and over. Just go 'bird by bird' and allow for god awful first drafts.
7. Publication and temporary creative successes are something you have to recover from.
8. Families are hard, hard, hard. Remember that earth is forgiveness school.
9. Food: try to do a little better.
10. Grace is spiritual DW-40, it changes us, moves us and heals our world.
11. God just means goodness: it's really not all that scary.
12. Death happens and you'll never get over the loss of your loved ones, but they will live again in your heart if you don't seal it off (don't be scared of death, it's as sacred as birth).

