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**From:** How To Academy [REDACTED] on behalf of How To Academy [REDACTED]  
**Sent:** Thursday, June 23, 2016 8:46 AM  
**To:** j  
**Subject:** An unmissable talk by the legendary Neuroscientist Daniel J. Siegel on the Human Mind.

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How to: The Human Mind

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how=to:

The Human Mind

New Insights from Neuroscience

with Daniel J. Siegel =br>

21st October= 2016

7:00pm – 8:15pm

Royal Institution

21 Albemarle Street

London W1S 4BS

TICKETS:

£30.00 Standard

£40.00 Premium

(includes a copy of the book "Mind" RRP £318.99)

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Neuroscientist Daniel J. Siegel, clinical professor of psychiatry at the UCLA School of Medicine and bestselling author of *Brainstorm* and *The Whole-Brain Child*, joins the how to: Academy for a major talk which asks: What is the human mind? And what makes us feel 'alive'?

A full examination of what we mean by the term 'mind' has traditionally been the province of philosophers. Now, everything is changing as scientists at the cutting edge of neuroscience continue to make discoveries that enable us to understand the essence of our true nature, comprehend our sense of being alive, and ascertain what it is to be conscious.

Daniel's talk will use up-to-date evidence from neuroscience to un=angle this most perplexing of topics and excite anyone who is curious abo=t the unique nature of human consciousness.

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Daniel J. Siegel=2C MD is a clinical professor of psychiatry at the UCLA School of Medicin=, founding co-director of UCLA's Mindful Awareness Research Cen=re, founding co-investigator at the UCLA Centre for Culture, Brain an= Development, and executive director of the Mindsight Institute.

He serves as the Founding Editor for the Norton Professional Series on Int=personal Neurobiology. His books include Mindsight, Pocke= Guide to Interpersonal,The Mindful Therapist, The=Mindful Brain and the three New York Times bestsellers: Brainsto=m, The Whole-Brain Child and his latest No-Drama Disc=pline.

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