

**To:** j[jeevacation@gmail.com]  
**From:** "How To Academy" <john.gordon=howtoacademy.com@mail65.atl31.mcdlv.net> on behalf of How To Academy <john.gordon@howtoacademy.com>  
**Sent:** Thur 7/31/2014 2:15:56 PM  
**Subject:** How to Live. Autumn Talks on Breathing, Remembering, Dreaming, Sleeping, Speaking in Public, Eating Healthily, Mastering Busyness and Being Mindful.

Title: How to Live. Autumn Talks on Breathing, Remembering, Dreaming, Sleeping, Speaking in Public, Eating Healthily, Mastering Busyness and Being Mindful.

How to:

[View this email in your browser](#)

This is an unmissable opportunity to hear the world famous philosopher Michael Sandel address the outstanding question of our age: **how do we want to live together?**

He has been called 'the most effective communicator of ideas' in English, our most 'relevant living philosopher', a 'genius', a humanitarian, who can has taken philosophy into the global public domain and empowered audiences worldwide to participate in the highest quality of debate. His Harvard 'Justice' course has become legendary. In Britain, BBC R4 audiences will know him as The Public Philosopher.

LIFESTYLE

10.09.2014  
Evening Event, 6:30pm-7:45pm  
**how to: Thrive in a World of Too Much: Mastering Busyness**  
with Tony Crabbe

It is difficult to ask anyone 'How are you doing?'

without hearing the word 'busy' at some point in the answer... We feel overwhelmed by busyness because of the demands on our time: but busy isn't just a fact of modern life, it's also a brand! Busyness isn't essential. Yes, there is a lot to do, but believing you're always busy because you have so much to do is both false and unhelpful. To thrive we have to respond differently to our world of too much, which starts with stopping managing our time and becoming less productive, deliberately.

[Read more and book.](#)

11.09.2014

Evening Event, 6:30pm-8:30pm

**how to: Know what we should Eat (and ensure we lose Weight too)**

with Vicki Edgson

The question on everyone's lips is: Just exactly WHAT should I be eating that's a) safe, b) nutritious, and c) will ensure I lose weight?

Whether its the 5:2, the 16:8, the South Beach, or the Paleo, at least 60 % of adults in Britain will have been on a diet at some point, and over half of those are on continuous diets. Scary figures, which would be fine if they were achieving their goals BUT, it seems that the figures don't stack up, and no-one is quite sure of WHAT they should be eating WHEN and WHY!

[Read more and book.](#)

17.09.2014

Evening Event, 6:30pm-8:30pm

**how to: Remember**

with Ed Cooke

An introduction to the imaginative techniques and stories behind the ancient arts of memory. Ed will lead an interactive, practical tour through the world of memory techniques, with numerous examples of how to boost your memory, how to forget and how to make sense of memory in the modern world.

Ed is a co-founder of Memrise.com, the online learning platform, a Grandmaster of Memory, has been regularly placed in the top 10 of the world memory championships...

***Repeated due to popular demand.***

[Read more and book.](#)

22.09.2014

Evening Event, 6:30pm-9:30pm

**how to: Speak in Public**  
with Edie Lush

All of us have to do it – “say a few words” – at one time or another. Most of us are terrified by the thought of it. But don’t panic. This three-hour workshop will enable you to make fear of your audience a thing of the past.

Does the prospect of addressing a roomful of people leave you weak with terror? Does your mouth dry up and your stomach turn over at the invitation to speak? Can you imagine a future in which you can stand up and speak to a crowd without feeling like a fool? Make your fear a thing of the past....

[Read more and book.](#)

02.10.2014

Evening Event, 6:30pm-8:00pm

**how to: Be Mindful (Introductory Workshop)**  
with Louise Chester

A small shift in your thinking can have a major effect on your life.

Mindfulness is the smart new way to live. In the workplace it helps you build teamwork, enhance creativity and communication, and resolve conflict. In private life, it helps you to forget the fears of the past and future, and focus completely on the present and its potential. Being Mindful means making every moment count....

Read more and book.

15.10.2014

Evening Event, 6:30pm-8:00pm

**how to: Breathe (A Masterclass to change your life)**  
with Gerry Gajadharsingh DO

Did you know that 70% of people breathe incorrectly?  
Are you one of those people?

Good respiration is fundamental to healthy physiology and psychology. Changes in respiratory chemistry can have profound effects on body system function. Breathing impacts body pH, electrolyte balance, blood flow, haemoglobin chemistry, and kidney function. Breathing influences postural stability and motor control. Additionally, many patients with medically unexplained symptoms...

Read more and book.

20.10.2014

Daytime Event, 9:30am-12:30pm

**how to: Radically Improve Every Working Day**  
with David Pearl

International expert on 'business as unusual', David Pearl shows how to be more creative, more curious and more conscious at work. David sees possibilities everywhere including in the tedious bits. This is an intensive, practical session (limited places) for people who want to innovate, boost productivity, get themselves or their companies out of a rut and find magic even in the monotony.

Read more and book.

28.10.2014

Evening Event, 6:30pm-8:00pm

**how to: Interpret Your Dreams**  
with Philippa Perry

Egyptians believed they were visits from the Gods. For the Greeks, they were prophetic. Freud found in them the language of the unconscious; for neuroscientists they are simply neural connections. For as long as we have had written language we have been interpreting dreams, and those attending this workshop on dream theory are invited by psychotherapist Philippa Perry to send in a dream or nightmare, recurring or one off, which she can discuss. Philippa will explain how to work with and think about your dreams, and how dreams have been worked with and thought about for the past two thousand years.

[Read more and book.](#)

07.11.2014

Daytime Event, 9:30am-12:30pm

**how to: Speed Read People (and Oneself). A Psychological Masterclass**

with Gavin Presman

“He who knows others is wise; he who knows himself is enlightened.” - Lao Tsu

‘No man is an island’ is easy to say, but do you sometimes find it difficult to interpret and emphasise with people you meet? Do you sometimes find yourself working at cross purposes with colleagues, or worry that they struggle to understand your motivations? What if there was a way to get an instant grasp of someone’s personality, and a better method of explaining your own?

[Read more and book.](#)

11.11.2014

Evening Event, 6:30pm-7:30pm (Tuesdays - Four week course)

**how to: Mindfulness**

with Mindfulness at Work

Mindfulness is the essential tool for modern living. It is training for the brain which helps us to be more effective at what we do, and more resilient to the

stresses we experience. Using Mindfulness we can achieve our personal best, and find greater enrichment both at work and at home....

This four week course will teach you to use the more advanced areas of your brain to respond, rather than react, to life, thickening the grey matter in specific areas and changing your neural pathways....

[Read more and book.](#)

18.11.2014

Evening Event, 6:45pm-8:00pm

**how to: Sleep**

with Dr. Guy Meadows

Are you losing sleep over insomnia? Do you have a problem getting to sleep, staying asleep or sleeping deeply? Sleep is as necessary as breathing but that doesn't mean that getting your 8.1 hours per night is easy. One third of the population suffers from sleep deprivation, a disorder which can lead to weight problems, memory impairment, reduced concentration, health issues, and depression. In a talk packed with helpful hints and advice, sleep expert Guy Meadows will explain the Sleep School five steps to overcoming insomnia and show you how to build a strong and robust sleeping pattern.

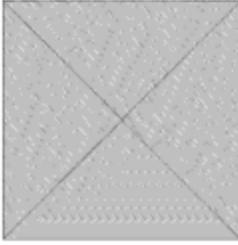
[Read more and book.](#)

If there's a course you'd like to take which isn't currently included in our programme, email us with the details of what you'd like us to organise and if there's sufficient demand, we will contact our extensive network of distinguished teachers, lecturers and writers to arrange a course tailored to your needs.

Follow on  
Facebook

Follow  
on

Twitter



*Copyright © 2014 How To Academy, All rights reserved.*

You are receiving this email because you opted in our website <http://howtoacademy.com> and indicated you wished to receive news about courses and offers.

**Our mailing address is:**

How To Academy

11 Aldridge Road Villas

London, England W11 1BL

United Kingdom

[Add us to your address book](#)

[how to: unsubscribe](#)   [update subscription preferences](#)