

From: How To Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: Major new event. Brian Eno in conversation with artist Raoul Martinez. Repeat of Rewiring the Brain. Art & Travel Evenings. Cheryl Strayed. Dan Siegel

Date: Tue, 27 Sep 2016 08:46:01 +0000

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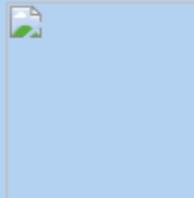
Newsletter September 2016



10.10.2016

An Evening with Raoul Martinez and Brian Eno on Reshaping the World

In this important and unmissable evening the artist and award-winning filmmaker Raoul Martinez will explore with Brian Eno how to change the world and reclaim the ideal of freedom which Raoul contends in his major new book, *Creating Freedom*, has been lost with free will, free markets, free media and free election being just myths.





how to: HIGHLIGHTS

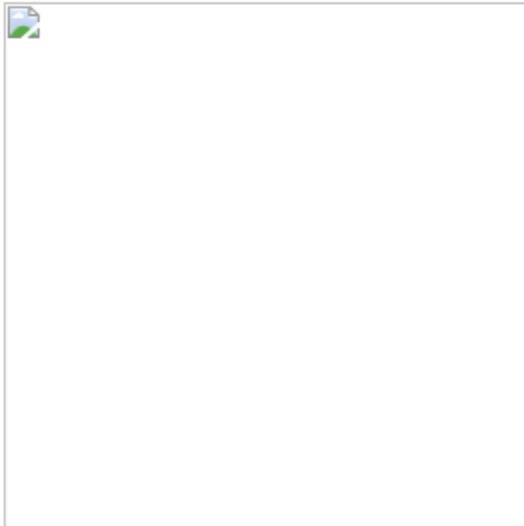
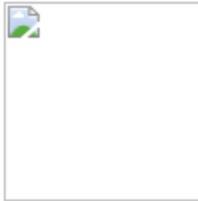


13.10.2016

Art Quarterly

with Ben Street, Catherine McCormack,
Francis Hodgson & Joe Kennedy

Join the how to: Academy for an evening that will inspire you and give you a unique understanding of London's major exhibitions this Autumn – Caravaggio at the National Gallery, Abstract Expressionism at the Royal Academy, Georgia O'Keeffe's painting and Elton John's photography collection at Tate Modern . Plus a guide to the current trends in contemporary art.



17.10.2016

Live Wild, Be Brave. An Evening with Cheryl Strayed.

with Cheryl Strayed

Author of #1 New York Times bestselling memoir *Wild*, Cheryl Strayed has been a source of inspiration and comfort to readers across the globe – among them, Reese Witherspoon, who made Strayed's most famous book into an extraordinary, critically acclaimed film.

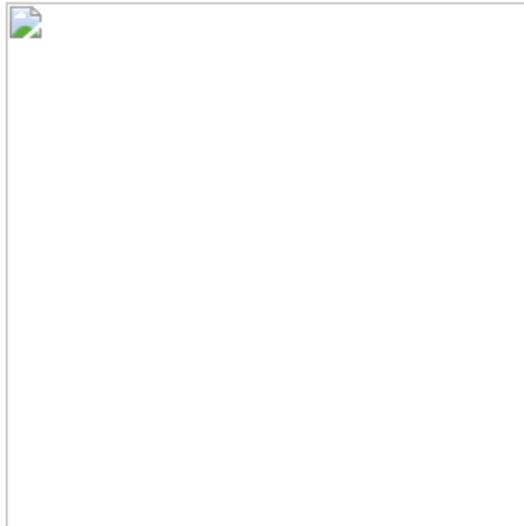
12.10.2016

Travel and Exploration

with Andrew Solomon, Elif Shafak,
Madeleine Bunting, Robert Twigger &
Sarah Marquis.

The finest travel writers come together for an evening of tales of travel, exploration and adventure.

Sarah Marquis, one of the world's greatest adventurers will talk about her journey from Siberia to Australia where she travelled for three years alone in the wilderness on foot.

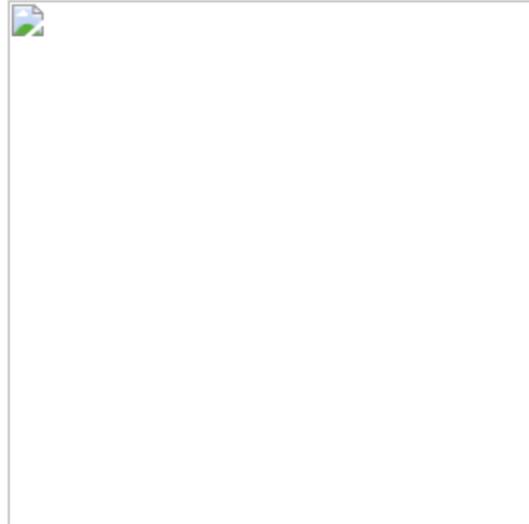
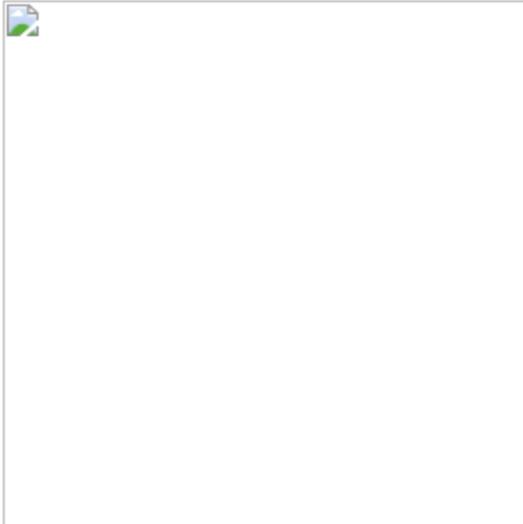
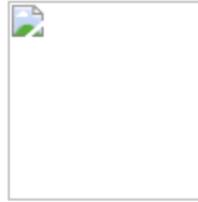
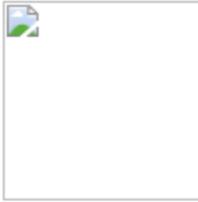


20.10.2016

An Evening with the 2010 World Cup Final Referee. Howard Webb.

with Howard Webb

A unique opportunity to meet Howard Webb, the referee who took charge of some of the most important football matches, including the 2009 FA Cup final, the 2010 Champions League final and – the biggest of the lot – the 2010 World Cup final.

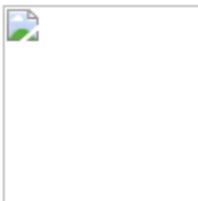


20.10.2016

**Great Historians Series:
Europe 1815-1914**

Richard J. Evans in conversation with
Margaret MacMillan.

In this major event, Richard J Evans, author of a groundbreaking new study of the period (*The Pursuit of Power: Europe 1815-1914*), is joined by another historian of international acclaim, Margaret MacMillan, to discuss Europe's dramatic development in 19th and early 20th centuries, and the foundations laid in this period for the creation of our own society and its problems.



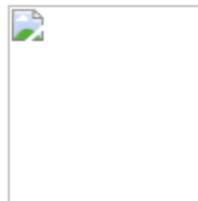
21.10.2016

**The Human Mind – New Insights from
Neuroscience**

with Daniel J. Siegel

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....



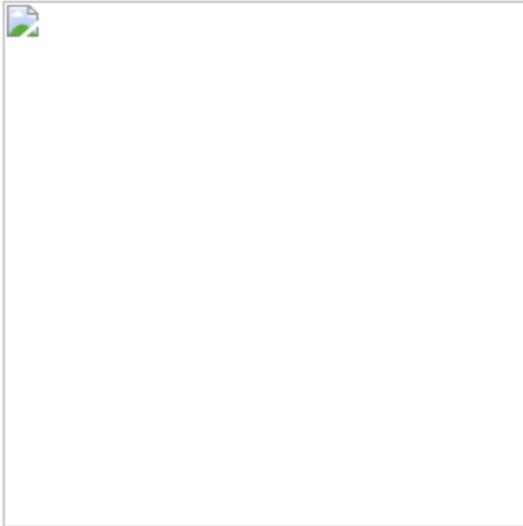


how to: BUSINESS



In this introduction to public speaking, How to Academy's leading instructor Edie Lush will share some of her top tips for effective communication. In one hour, you will learn the basics of how to address a crowd, the importance of body language and the most common pitfalls to avoid.

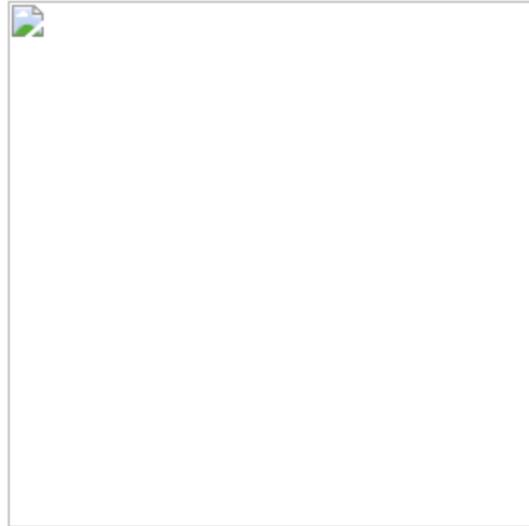
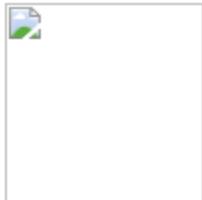
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02.11.2016

Break The Glass Wall: Success Strategies for Women at Work
with Kathryn Jacob and Sue Unerman

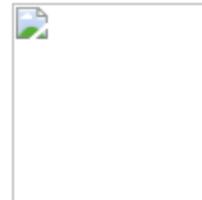
Sue Unerman, Chief Strategic Officer at MediaCom and Kathryn Jacob, CEO of Pearl & Dean, join the how to: Academy to share the strategies they have developed to help women achieve success in the workplace.



14.10.2016

How to Communicate Effectively
with Anna Percy-Davis

The Secret To Efficient Meetings, Winning Clients, And Influencing Colleagues
Have you ever sat in frustration though slow, irrelevant meetings, awful presentations and poorly delivered feedback sessions? Have you wanted to say something, but been unsure of how to put it?



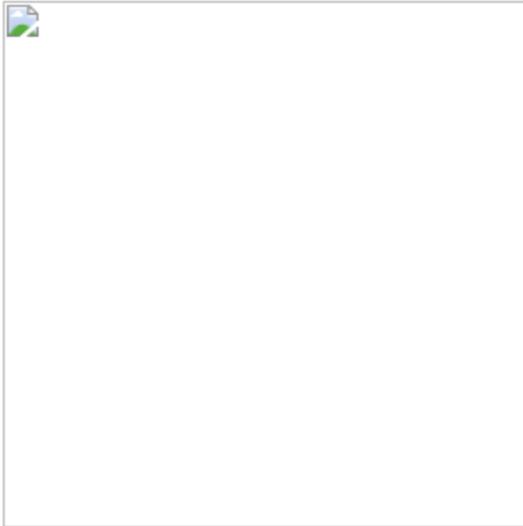


how to: SCIENCE



Mike Massimino is no ordinary astronaut. Few people in our history have left Earth's atmosphere; fewer still have left the safety of the spacecraft that launched them.

[READ MORE](#)

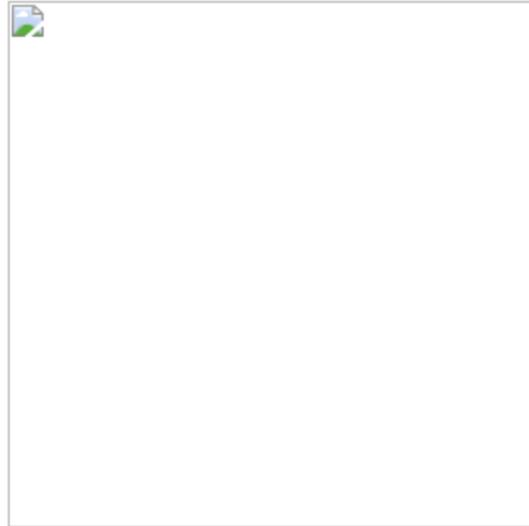
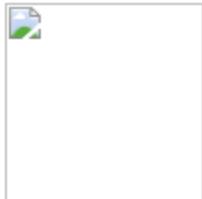


18.10.2016

Rewire Your Brain To Make Better Decisions

with Cristina Escallón

International consultant, guest lecturer at London Business School, Cristina Escallon joins the how to: Academy to provide an illuminating and entertaining interactive masterclass in techniques that will help you to understand your brain, and train it to make better decisions.

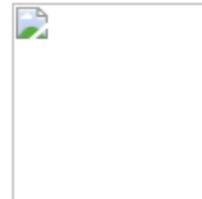


25.10.2016

Gender, Sexuality & Honour Killings: Insights from the World Expert in Evolutionary Biology

with Robert Trivers

What can evolutionary biology tell us about gender? Can it provide a better understanding of sexuality? And how can it explain violent and abhorrent cultural practices, such as 'honour killings'?





how to: PARTNER EVENT



Join our exclusive Galapagos holiday travelling with Steven Pinker, one of the world's leading authorities on language, mind and human nature. A professor of psychology at Harvard, he is the bestselling author of eight books and regularly appears in lists of the world's top 100 thinkers.

Spend eight days on our private charter, the M/V Evolution, and visit islands such as Isabela, Fernandina, Bartolome, Espanola and Santa Cruz. There are few places on earth that can rival the wildlife of Galapagos, with an abundance of colourful creatures seemingly unafraid of humans. There will be many opportunities to get close to the islands' unique wildlife, either on foot, by kayak, by panga or when snorkelling. With three naturalist guides on board in addition to Steven Pinker you can be assured of receiving personalised and insightful narrative on all the wildlife seen. Wildlife highlights include waved albatross, flightless cormorant, land and marine iguanas, two types of booby (blue-footed and Nazca), giant tortoises, Galapagos penguins, frigate birds and sea lions.

Departing on:
9th March 2017

Spaces are extremely limited so for a detailed itinerary or to book your place on this tour, please contact our partners **Steppes Travel** today.

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