

From: How To Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: Harvard Psychologist Susan David on Emotional Agility| Travel to Cuba | Future of Medicine 2020-2050 Afternoon Conference.

Date: Tue, 29 Aug 2017 09:02:44 +0000

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Newsletter August 2017
[REDACTED]



14.11.2017

Emotional Agility: Overcome Negative Emotions, and Thrive in Work and Life

The leading voice on emotions offers a revolutionary approach that enables us to understand and embrace difficult emotions without letting them derail us.

Following her sell-out talk in 2016, **Susan David PhD**, a psychologist and faculty member at Harvard Medical School...





how to: HIGHLIGHTS

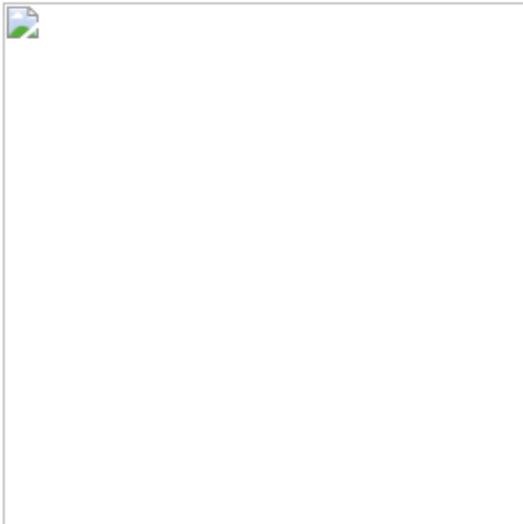
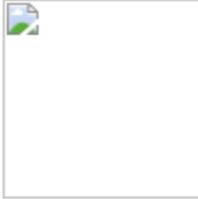


04.09.2017

A Celebration of Bob Marley: The definitive Reggae Night

with Roger Steffens & Linton Kwesi Johnson

Join us forty years on at the Tabernacle for a Bob Marley tribute evening, woven together – from the words of those who knew him best – by Roger Steffens, whose indispensable oral history, *So Much Things to Say*, appears in August.



13.09.2017

Red Famine: Stalin's War on the Ukraine 1921-33

with Anne Applebaum & Antony Beevor

Two of our most distinguished historians explore one of the darkest episodes of the twentieth century.

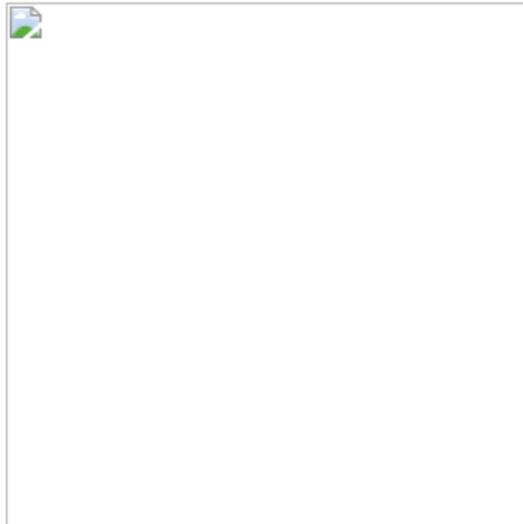
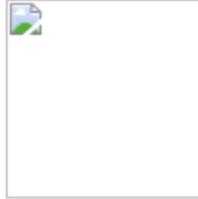
In 1929 Stalin launched his policy of collectivization, forcing millions of peasants off their land and onto collective farms.

12.09.2017

Robert Webb and Victoria Coren Mitchell in Conversation

with Robert Webb & Victoria Coren Mitchell

The award-winning comedian Robert Webb (*Peep Show*) joins the writer, presenter and professional poker player Victoria Coren Mitchell for an entertaining and shocking conversation as he reveals his thoughts on masculinity and...



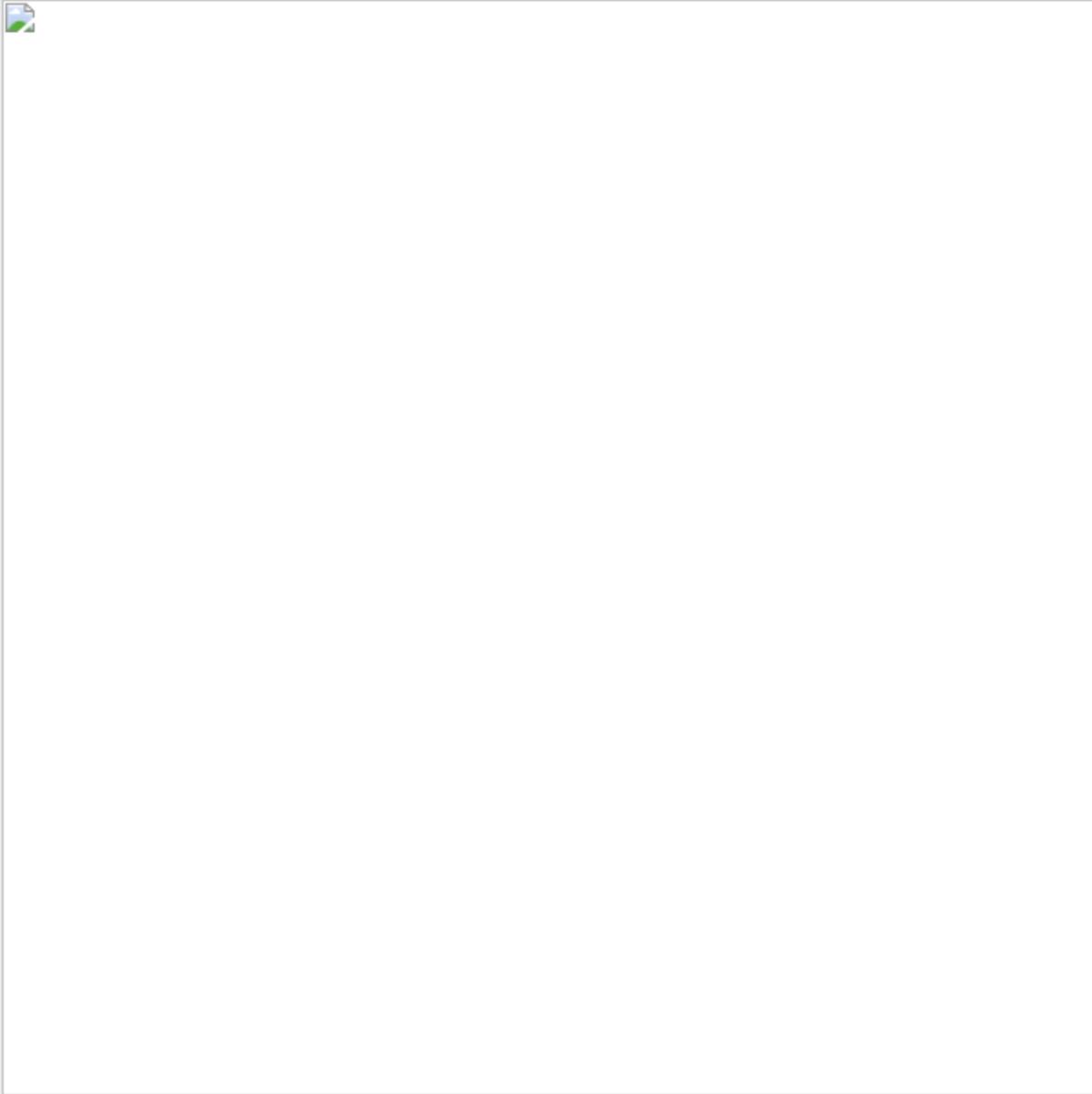
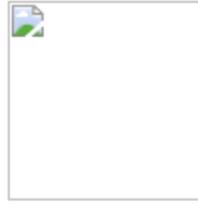
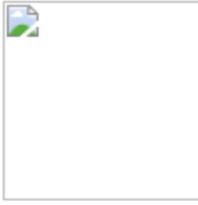
15.09.2017

The Future of Medicine

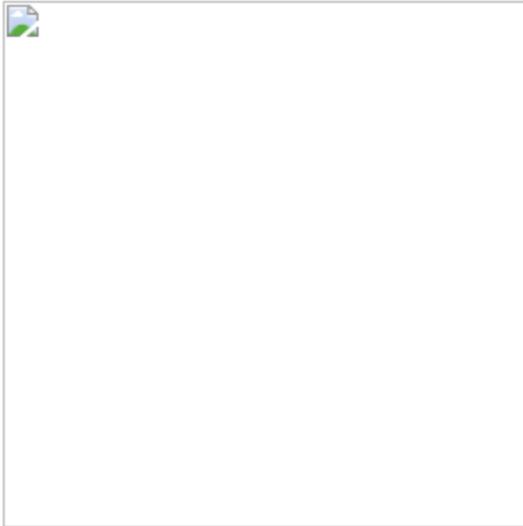
with various speakers

Our Bodies Our Selves: The Future of Medicine 2020–2050

Take part in a fascinating rapid-fire journey through the looming revolutions in healthcare. The medical future is now, as information technology and improved imaging systems push the frontiers of prevention and cure on all fronts.



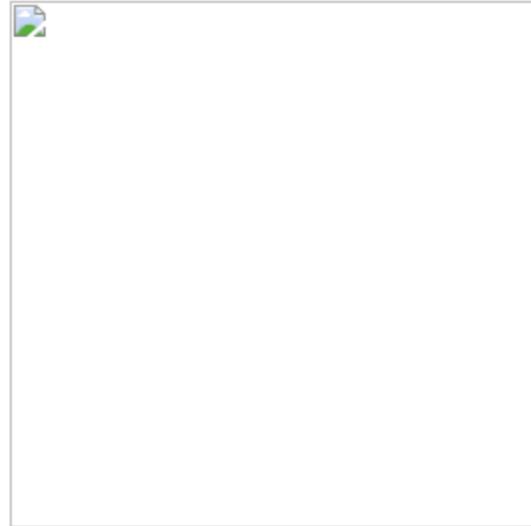
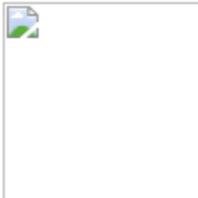
how to: TECHNOLOGY



20.09.2017

A Masterclass in Innovation
with Luis Perez-Breva

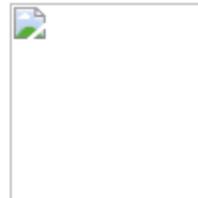
A Masterclass in INNOVATION by MIT research scientist Luis Perez-Breva. In this talk Perez-Breva will explain the doer's approach developed over a decade at MIT and internationally in workshops, classes, and companies.



27.09.2017

Technology, Trust and Humanity
Jonathan Ford in conversation with
Rachel Botsman

TED sensation Rachel Botsman with 3.5m views comes to the how to: Academy stage to talk about one of the biggest social transformations in human history with fundamental consequences for policy-makers, entrepreneurs and indeed everyone.





how to: CULTURE



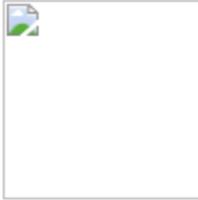
21.09.2017

Debate: Who wrote Shakespeare?

Jonathan Bate and Alexander Waugh moderated by Hermione Eyre.

Shakespeare's plays and poems tell us who we are. But who is he?

The question has haunted great minds – from Mark Twain to Sigmund Freud – and today it haunts Shakespeareans from actor Mark Rylance to director Deborah Warner.



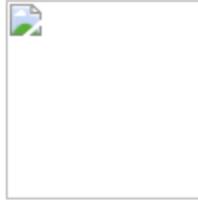
22.09.2017

Create a Vertical Garden

with Patrick Blanc

Since biblical times gardens have been horizontal, until Patrick Blanc starting greening the walls and courtyards of cities around the world. The inventor of the vertical garden, he is also the world's leading expert.

Blanc has created dozens of his botanical tapestries in public and private spaces...





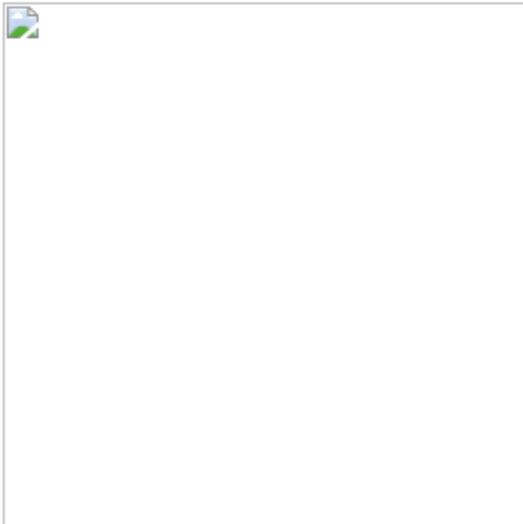
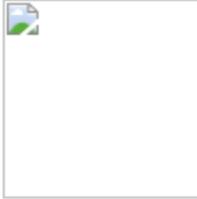
how to: BUSINESS & LIFESTYLE



21.09.2017

How to Sell with Complete Confidence
with Gavin Presman

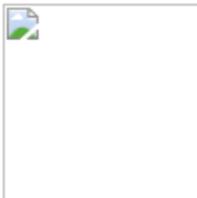
Do you sometimes realise that your job relies as much on changing minds, as on your particular specialist skill? Do you sometimes struggle to get people to buy what you're selling, whether it's your product, your ideas, or even your personality? Have you ever wondered why some people can persuade others effortlessly?



26.09.2017

The New Science of Sleep and Dreams
with Matthew Walker

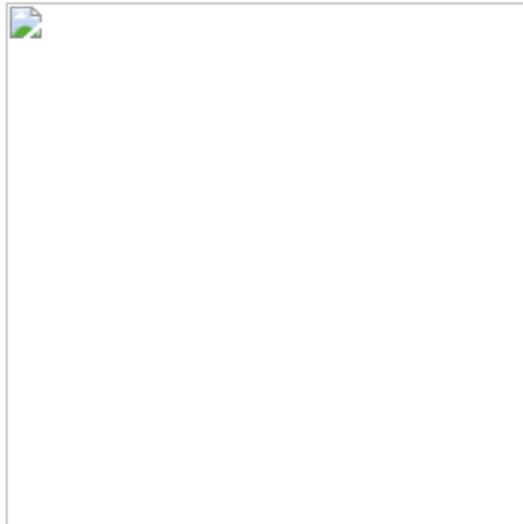
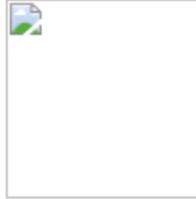
In this groundbreaking talk Matthew Walker, Professor of Neuroscience and Psychology at the University of California, Berkeley will unveil a new vision for sleep in the 21st century.



25.09.2017

Confidence, Communication and Careers (Women only)
with Anna Percy-Davis

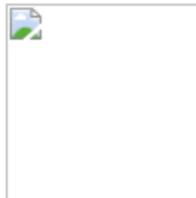
The How to Academy are delighted to be offering this new workshop exclusively to women. Covering confidence (how to act and behave in a confident, assertive fashion no matter what situation you find yourself), communication (how to be front-footed in a group meeting...



28.09.2017

Train Your Memory
with Phil Chambers

Do you struggle to remember people's names, foreign language vocabulary or where you left your keys? Would you like to improve your memorisation skills so you can master a new language or skill?





how to: SPECIAL PARTNER EVENT



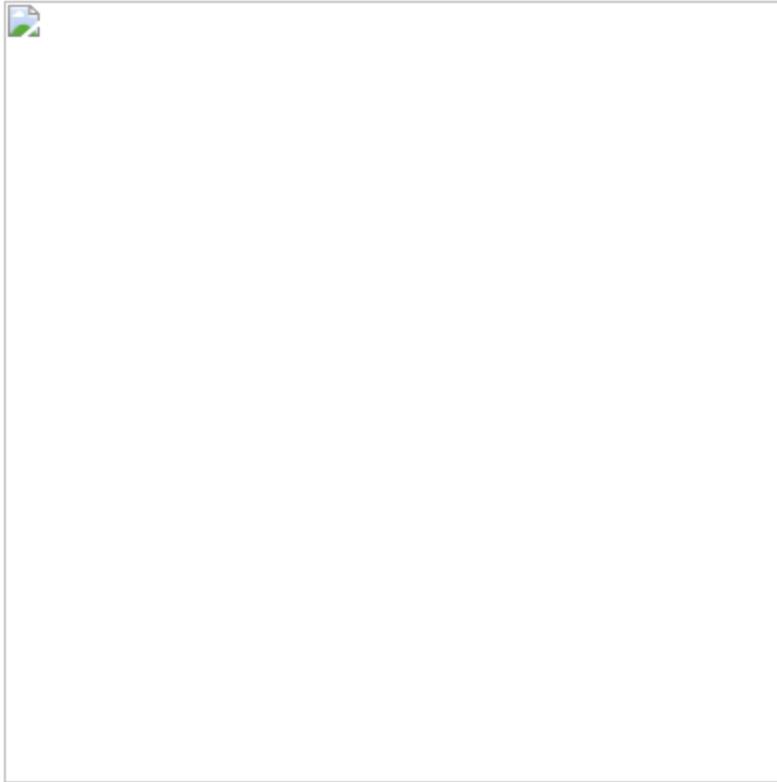
Wed, 1st Nov 2017 - Sat, 31st Mar 2018

Journeys to Cuba & the Caribbean with Voyages to Antiquity

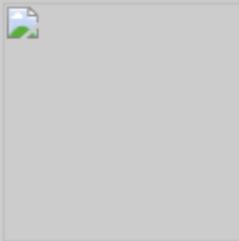
How To Academy and Globalista are delighted to present a new partnership with acclaimed small-ship cruise operator Voyages to Antiquity for their upcoming season to Cuba and the Caribbean.

Though VTA are best known for their Mediterranean cruises to ancient civilizations, from November 2017 through March 2018 they are operating a full programme of journeys around Cuba and the Caribbean. Few small ships serve this region, so there is no better way to experience Cuba, Jamaica, Barbados, Antigua, St Lucia, the magnificent Mayan ruins of Mexico's Yucatan Peninsula, and so much more.

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