

From: How To Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: An unmissable Evening with Ruby Wax and Matt Haig.

Date: Thu, 19 May 2016 08:55:26 +0000

How to: An Evening with Ruby Wax and Matt Haig

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**how to:
An Evening with
Ruby Wax and Matt
Haig**

9th June 2016
6:45pm – 8:00pm

Emmanuel Centre
9-23 Marsham Street
London SW1P 3DW

TICKETS:

£25.00 Standard

£40.00 Premium

(includes copies of both
author's books RRP £22.98)

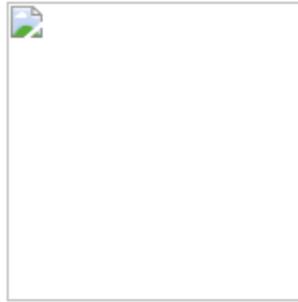
Ruby Wax and Matt Haig are two of the country's leading advocates of mental wellbeing. With their books *A Mindfulness Guide for the Frazzled* and *Reasons to Stay Alive*, they have provided inspiration and hope to millions of people seeking calmer, happier lives. And, they have provided life-changing solace for many more struggling with anxiety and depression. Bold, courageous and infused with humour, they meet on stage for this very special one-off event.

What they say about the books:

Praise for Matt Haig's *Reasons To Stay Alive*:

"Warm and engaging, and shot through with humour . . . a valuable contribution to the conversation" Sunday Times

"Brings a difficult and sensitive subject out of the darkness and into the light" Michael Palin

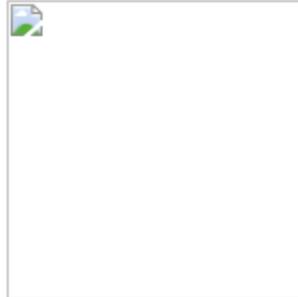


"Matt Haig is astounding"
Stephen Fry

"Fascinating and beautifully written" Ian Rankin

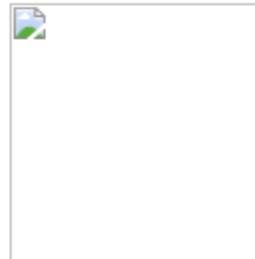
"Matt Haig uses words like a tin-opener. We are the tin"
Jeanette Winterson

Praise for Ruby Wax's A Mindfulness Guide for the Frazzled:

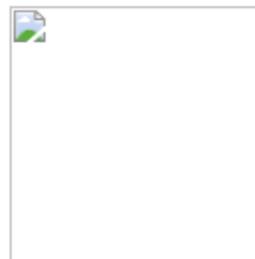


"An accessible guide to mindfulness from the comedian and cognitive therapist" S Magazine, Sunday Express

"Pages and pages of practical exercises and advice on how to teach mindfulness to babies, teenagers and parents"
Sunday Times



Matt Haig is the bestselling author of five novels, including *The Humans*, *The Radleys* and *The Last Family in England*. He has also written award-winning children's books. His work has been translated into 30 languages. He grew up in Nottinghamshire and now lives in Brighton.



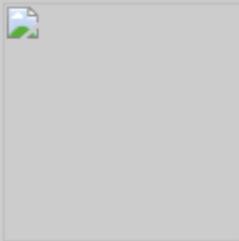
Ruby Wax - Arriving in Britain from the United States in 1977, Ruby Wax began her acting career with the Royal Shakespeare Company. She went on to write and perform in her own hugely popular television programmes, and was Script Editor on all series of *Absolutely Fabulous*. Since then, Ruby has campaigned tirelessly to raise awareness about mental health issues, including speaking at Downing Street to raise money for

neuroscience research. In 2013, she obtained a Masters Degree in Mindfulness-based Cognitive Therapy from Oxford University to increase her understanding of the brain and used this knowledge as the basis for Sane New World: Taming the Mind, which became a Sunday Times number one bestseller.



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