

From: How To Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: A.A. Gill, Will Self on Joseph Conrad's Heart of Darkness, Gloria Steinem, Levison Wood on the Himalayas and the great astrophysicist: Lawrence Krauss

Date: Tue, 01 Dec 2015 10:03:19 +0000

How to: Autumn Programme

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09.02.2016

Evening Event, 7:00pm - 8:15pm

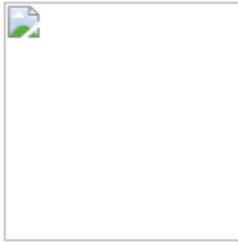
how to: An Evening with A. A. Gill

A.A. Gill in conversation with John Mitchinson

An unmissable evening with A.A.Gill in conversation with John Mitchinson on the occasion of his new book POUR ME, A Life, his dark yet laugh-out-loud memoir,

which charts the soggy tangle of a shredded life; the year between the end of his marriage and the end of his drinking .

“The one miserly charity of drink is that it strips away memory. You start by forgetting the last hour of Saturday night, a name, a conversation, how you lost your shoes, and then, as life begins to tumble like an up-ended skier, so the avalanche of forgetting comes and sweeps up the evidence, burying the remembrance in a soft white darkness, a roaring silence. After a time you’ve forgotten more than you can remember. For me, out of a decade I have perhaps two years, perhaps three, of remembrances ... There is a hope, if not a reliable fact, that this is the best I can muster, this is a retrospective truth gleaned from the shards and tesserae. An attempt to reimagine something lost, an emotional archaeology” A.A. Gill





FEBRUARY HIGHLIGHTS



04.02.2016

how to: Joseph Conrad, Heart of Darkness, with Will Self

with Will Self

'And this also,' said Marlow suddenly, 'has been one of the dark places of the earth.'

Thus Charlie Marlow, sitting cross-legged on board the Nellie as dusk falls over the Thames, tells the tale of his journey down the Congo and his meeting with the mysterious ivory trader, Kurtz.

Since its publication in 1899, Joseph Conrad's enigmatic novella has been analysed more than any other work of literature, while those who have not read the book will have seen Francis Ford Coppola's famous adaptation, *Apocalypse Now*.

But what does Conrad mean by comparing London and Africa as places of darkness? What does Kurtz mean by his last words, 'The horror, the horror!'? And – most importantly – what does it all mean to Will Self?

Join us for an evening explanation and revelation, as we journey into Conrad's Heart of Darkness.

Do you see him? Do you see the story? Do you see anything? It seems I am trying to tell you a dream...

[Read more and book now](#)





11.02.2016

how to: Walking the Himalayas

with Levison Wood

Explorer, bestselling author and presenter of Channel 4's hit documentary series 'Walking the Nile', Levison Wood rarely stays in one place for very long. The how to: Academy has managed to pin him down for an extraordinary evening of stories from his most recent expedition, 'Walking the Himalayas'.

Following footpaths worn by local travellers across the 'Roof of the World', Levison met and walked alongside shepherds, porters, soldiers, farmers, mountain men and shamans. Along his journey, he uncovered the hidden tales of the Himalayas, and formed close bonds with the inhabitants of this magnificent mountain range....

[Read more and book now](#)





24.02.2016

how to: An Evening with Gloria Steinem

with Gloria Steinem

Gloria Steinem, fearless journalist, political activist, voice for women everywhere, is back on the road. Her new book – the first she has published in twenty years – is the story of her travels, from childhood trips in her father's trailer to the campaign trail of Hillary Clinton. It is in planes, trains and automobiles that Steinem has encountered what she calls 'the surrealism in every day life', and on this one-stop tour you can hear the legendary speaker, who has taken to the podium on the most pressing issues of our time, reflect on her life-long journey.

With the unique perspective of one of the greatest feminists of the 20th and 21st centuries, this will be an inspiring, profound, enlightening talk about one woman's life-long journey.

[Read more and book now](#)





03.02.2016

how to: How to Investigate a Family Secret

with Jeremy Gavron

In 1965, a beautiful young woman gassed herself to death in Primrose Hill, north London. Like Sylvia Plath, who died in eerily similar circumstances two years previously just two streets away, she was a writer, and the mother of two small children.

Her name was Hannah Gavron, and she left behind an about-to-be-published manuscript, *The Captive Wife*. Her young son, just four at the time of his Hannah's suicide, grew to become the author, Jeremy Gavron.

Searching for the mother who was never talked about as he grew up, Jeremy Gavron discovered letters, diaries, and photos that paint a picture of a brilliant but complex young woman grappling to find an outlet for her creativity, sexuality, and intelligence. His resultant memoir of his mother, *A Woman on the Edge of Time*, not only documents the too-short life of an extraordinary woman; it is a searching examination of the suffocating constrictions in place on intelligent, ambitious women in the middle of the twentieth century....

[Read more and book now](#)





18.01.2016

how to: How to Have a Good Day : Think bigger, feel better and transform your working life.

with Caroline Webb

Have a good day!'

We've all heard the dreaded words. Some of us have even said them. How can we ensure that we will have a good day, that tomorrow will also be a good day, that everyday will be a day in which everything goes our way?

If your New Year's resolution is to maximize your energy, get the best from every conversation, and wake up each morning your smartest, wisest, most creative self, then this is the event for you. Using science-based strategies, Caroline Webb, management consultant and executive coach, will show how how easy it is to boost effectiveness, happiness, and productivity both at home and at work.

Make this the first day of the rest of your life!

[Read more and book now](#)



MARCH HIGHLIGHTS



02.03.2016

how to: A Tour through Space and Time

with Lawrence Krauss

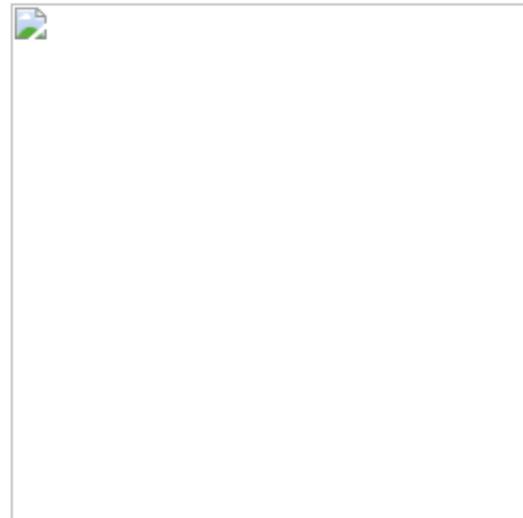
A rare appearance in London from one of the world's leading Astrophysicists to talk about the new windows on the Universe that have changed virtually everything we think about its makeup and possible size, its past, and its future.

Exploring the new tools we have developed that allow us to explore nature on scales previously unimaginable renowned theoretical physicist, bestselling author and unparalleled science communicator Lawrence Krauss takes us on a tour through space and time like never before, to the outer reaches of the visible universe, to the beginning of time, and possibly, to indirect hints of other universes beyond the reach of our telescopes.

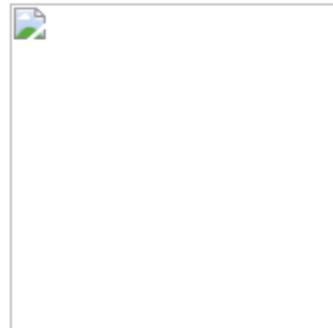
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CONTINUOUS PROFESSIONAL DEVELOPMENT



19.02.2016
how to: Negotiate



12.02.2016
**how to: Sell (The art of
getting anyone to say yes to
anything)**
with Gavin Presman
[Read more and book now](#)

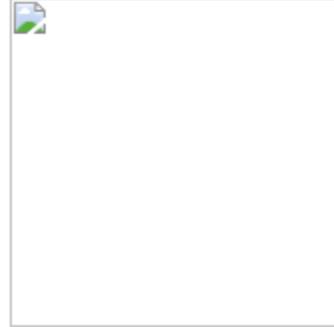
with Gavin Presman

Do you have to negotiate in your business, family or personal life? Do you sometimes wonder whether you are getting the best deal for your business, your family, or yourself?

How to: Negotiate will teach you the proven strategies and tactics that professionals use to get more from every deal. It will show you how applying the simple principles of win/win negotiation will leave you richer in every area of your life.

This powerful workshop will engage and inspire you to take a new look at how you negotiate in all areas of your life. Designed following fifteen years of research into

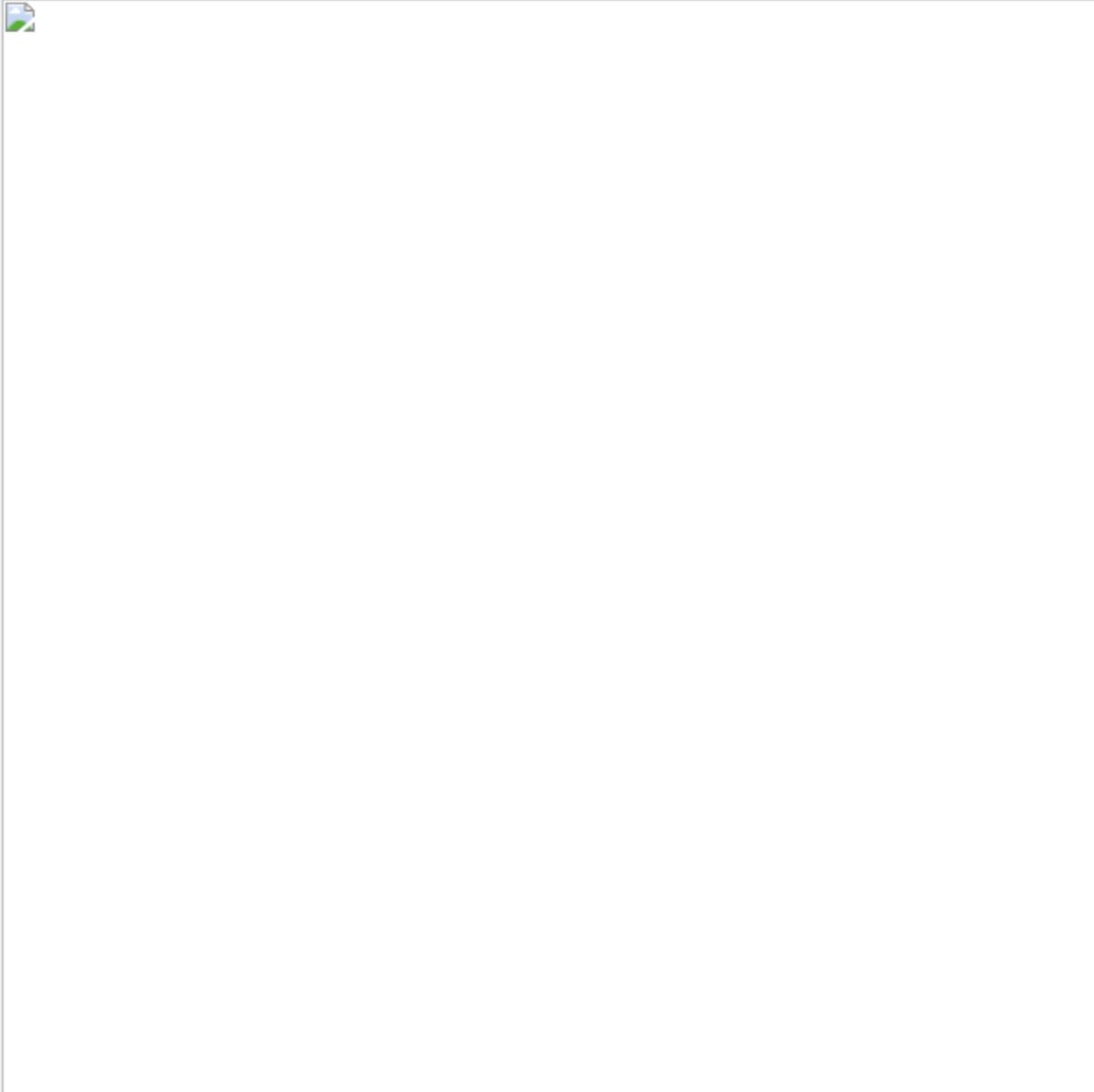
[Read more and book now](#)



22.01.2016

how to: Speak in Public
with Edie Lush

[Read more and book now](#)



GIFT VOUCHERS



how to: Gift Vouchers

with how to: Academy

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Our gift to you

For every £50 you spend on how to: Academy vouchers, we will give you one free ticket to an evening or lunchtime event of your choice in 2016.

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