

From: How To Academy <[REDACTED]>

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Subject: US Neurosurgeon on Rewiring your Brain| Eric Schmidt on Leadership| The Former 'Sheriff Of Wall Street' Preet Bharara on Crime in America|

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Newsletter April 2019



27.06.2019

How to Rewire Your Brain

Learn how to make your mind fitter, healthier and stronger, boost your memory and control stress using the insights of cutting-edge neuroscience in this 'bootcamp for the brain'.

Dr Rahul Jandial is one of the world's most eminent experts in the study and improvement of brain function. An award-winning, dual-trained neuroscientist and neurosurgeon, the author of ten books and a former faculty member at both Harvard and Stanford, Dr Jandial is also a broadcaster and science communicator.

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03.06.2019

The Remarkable Adventures of Alexander von Humboldt

History's most daring scientist and explorer comes to life in this beautifully illustrated talk by **Andrea Wulf**.

Meet Alexander von Humboldt: the great lost scientist, visionary, thinker and daring explorer; the man who first predicted climate change, who has more things named after him than anyone else (including a sea on the moon), and who has inspired generations of writers, thinkers and revolutionaries . . .

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how to: HIGHLIGHTS



24.04.2019

**An Insider Look at Crime in America:
The Mafia to Russian Espionage**
with Preet Bharara

Banned by Putin, fired by Trump: now New York prosecutor Preet Bharara is finally free to talk. Join us for an insider's tell-all account of justice in the US today.

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13.05.2019

Eric Schmidt: A Masterclass in Leadership
with Eric Schmidt, Jonathan Rosenberg & Alan Eagle

Google's former CEO Eric Schmidt, VP Jonathan Rosenberg and Director of Executive Communications Alan Eagle present a blueprint for farsighted leadership.

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06.06.2019

The New Science of Sleep and Dreams
with Matthew Walker

A rare opportunity to hear the University of



02.05.2019

**How to Raise Successful People:
Change Your Parenting, Change the World**
with Esther Wojcicki

California Professor of Neuroscience whose book on sleep exploded onto our shelves as if no other had previously been written on the subject.

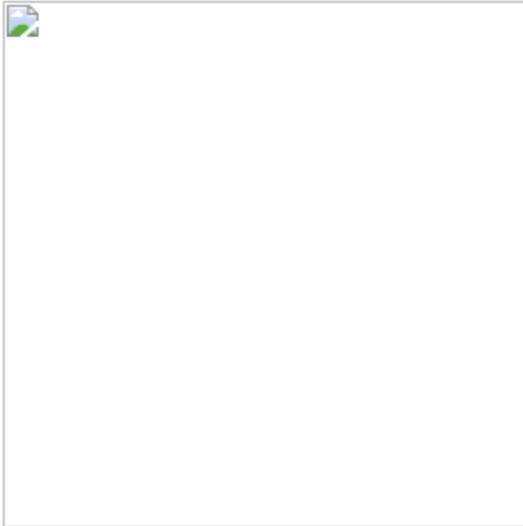
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The Godmother of Silicon Valley and mother of three superstar daughters shares her tried-and-tested methods for raising happy, healthy, successful children.

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how to: SOCIETY



24.04.2019

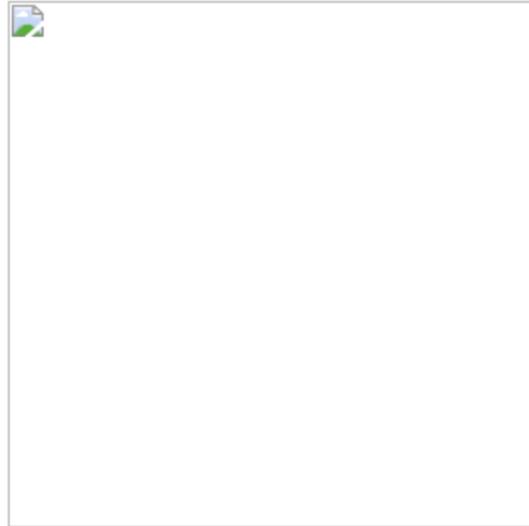
The New Science of Race and Inequality

Dr Jennifer Eberhardt in conversation with Hannah MacInnes

World-leading social psychologist and MacArthur 'genius' award-winner Jennifer Eberhardt on how to deal with a common hidden prejudice: racial bias.

Did you know that stress and fatigue levels make you more likely to treat people according to a pre-existing racial stereotype?

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29.04.2019

An Evening with Dame Stephanie Shirley CH on Women, Technology & Philanthropy

Dame Stephanie Shirley CH in conversation with Hannah MacInnes

An inspirational evening with Dame Stephanie Shirley CH, who arrived in England alone as a Kindertransport refugee from Nazi Germany and became one of Britain's most eminent technologists, making a fortune by empowering women in technology through her company Freelance Programmers...

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how to: LIFESTYLE



23.04.2019

Indistractable: A Toolkit to Overcome Distraction and Gain Focus

Nir Eyal in conversation with Matthew Stadlen

A lunchtime masterclass from a Silicon Valley expert to teach you how to harness the true secret of success – focus.

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23.04.2019

The Scientific Truth About Diets

with Dr. Giles Yeo

How can you know the truth about diets? What works and what's snake oil? From the Atkins to the South Beach diet, Cambridge University's Dr. Giles Yeo is here with the scientific facts.

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08.05.2019

How to Stop Technology Devastating Our Mental Health

with Don Grant & Mandy Saligari

In this masterclass, leading addiction psychologist Dr. Don Grant and therapist Mandy Saligari will help us understand and limit the often devastating impact of digital devices and social media on our children, families, and ourselves.

READ MORE

07.05.2019

Giles Coren: A Man For All Seasons

Giles Coren in conversation with Matthew Stadlen

Join us for an evening of razor sharp wit and wisdom from the brilliant columnist and broadcaster, Giles Coren.

Giles Coren is a man of many talents. A restaurant critic, Times columnist, TV presenter, award-winning novelist, and all-round ...

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how to: CONFERENCE



05.06.2019

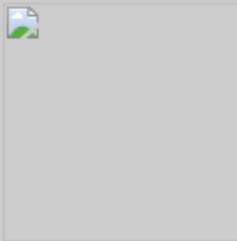
How To: Save the Oceans

with Sylvia Earle, Orla Doherty and more

The ocean is the lifeblood of our blue planet. Join the world's leading experts to discover how to prevent untold catastrophe in the marine world.

For thousands of years the world's oceans have served the human imagination as a source of profound mystery and wonder. Indeed, it is often said that we know more about the furthest reaches of space than we do about the depths of our own blue planet. From the Great Barrier Reef to blue whales – the largest animals that have ever existed – more than 96% of the biosphere is held within the oceans. They generate oxygen, absorb carbon, and regulate temperature. It is no exaggeration to say that the survival of the human species depends on their health.

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