

**From:** How To Academy <[REDACTED]>

**To:** <jeevacation@gmail.com>

**Subject:** Lunchtime Talk with Nir Eyal on Transforming your Life| Dame Stephanie Shirley on Women, Technology and Philanthropy| Understanding Dementia

**Date:** Tue, 19 Mar 2019 09:28:49 +0000

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**Newsletter March 2019**



23.04.2019

**Indistractable: A toolkit to overcome distraction and gain focus**

A lunchtime masterclass from a Silicon Valley expert, **Nir Eyal**, to teach you how to harness the true secret of success – focus. Nir Eyal will be in conversation with LBC presenter **Matthew Stadlen**.

**READ MORE**



29.04.2019

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

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 (later FI, then Xansa) – a software business offering flexible home working when the concepts of 'software' and 'flexible working' barely existed.

**READ MORE**



01.04.2019

## **How to Help Dementia Sufferers**

Learn how to better care for sufferers of dementia in this talk from Orwell Award winning writer and campaigner **Nicci Gerrard** – best known as one half of novelist duo Nicci French.

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## how to: HIGHLIGHTS



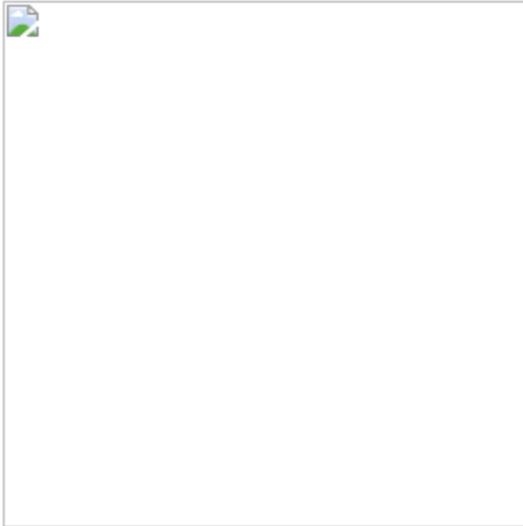
25.03.2019

## **The Uninhabitable Earth – How to Save Our Future from Climate Change**

with David Wallace-Wells

Once a generation an environmentalist dares to speak truth to power with such force that they cannot be silenced. Wallace-Wells' terrifying vision is the wake-up call we need to save the future.

**READ MORE**



27.03.2019

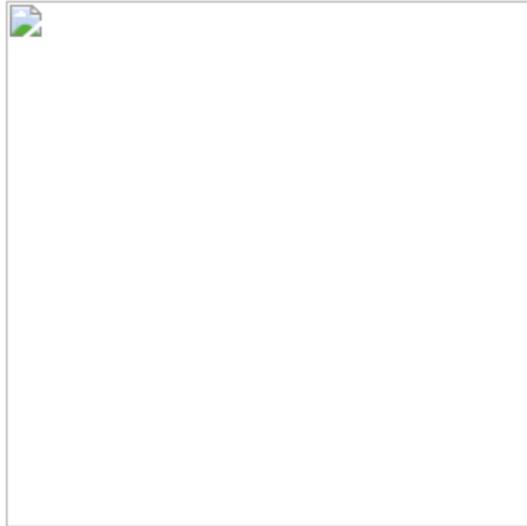
## **How to Achieve Lasting Success**

with Lewis Howes

A masterclass in thriving in life and business from America's pre-eminent performance coach.

A New York Times bestselling author, one of President Obama's top 100 entrepreneurs under 30, retired professional football player...

**READ MORE**



05.04.2019

## **Cass Sunstein on How to Make Change Happen**

with Cass R. Sunstein

The bestselling author of *Nudge* presents a ground-breaking guide for anyone who wishes to fuel – or block – transformative social change.

Cass Sunstein and Richard Thaler's *Nudge* was that rarest of marvels: a book that genuinely changed the world. Inspiring political action from Cameron's Downing Street to Obama's White House, the 'nudge' has become famous as one of the most powerful tools...

**READ MORE**

07.05.2019

## **Truth, Love and Clean Cutlery**

Giles Coren and Matt Stadlen in Conversation

Giles Coren is a man of many talents. A restaurant critic, Times columnist, TV presenter, award-winning novelist, and raconteur, his taste, wit and insight have made him a national celebrity and the ultimate dinner party guest; and though we cannot offer supper with Giles in a world-class restaurant, how to: Academy proudly presents the next best thing: Giles in conversation with LBC's Matthew Stadlen, on the subject of supper in world-class restaurants.

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## how to: **WORK & LIFESTYLE**

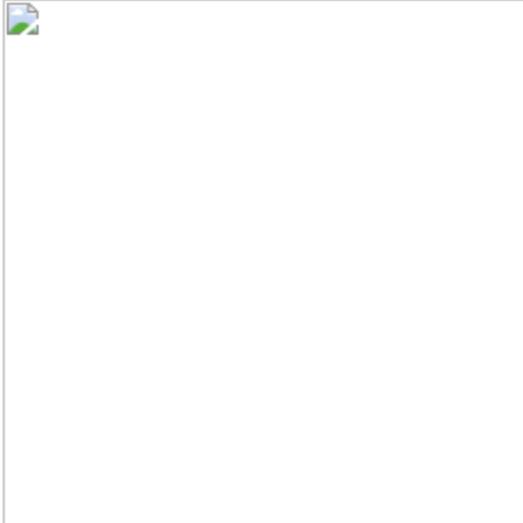


08.04.2019

**Small Changes can Transform Your Life**  
with James Clear

People say when you want to change your life you need to set big goals. World-renowned habits expert James Clear is here to tell you why they're wrong.

**READ MORE**

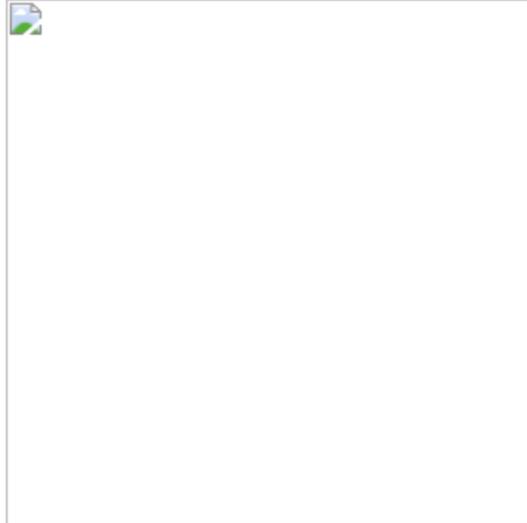


17.04.2019

**Make Your Ideas, Products and Brands Triumph**  
with Rory Sutherland

An unmissable talk by Rory Sutherland, the acclaimed Behavioural Economist and – with 6.5m views – a TED Talk superstar, on how your ideas, products and brands can triumph in defiance of logic.

**READ MORE**



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.

Dr. Giles Yeo is a genetics scientist who specialises in debunking dietary misinformation and spreading the truth about human appetite.

Did you know...

– That a 'juice cleanse' that claims to detox the liver actually makes it work harder?

**READ MORE**

23.04.2019

**How to Engineer Yourself to Health and Blissful Wellbeing**  
with Sadhguru Jaggi Vasudev

Sadhguru, yogi and mystic, has dedicated a lifetime to imparting technologies for wellbeing empowering people to tap into their innate state of health, peace and joy. His insights have taken him from the United Nations to the World Economic Forum in Davos, Google to Microsoft, and Harvard to MIT... Now you too have an opportunity to experience his wit and wisdom in an eye opening address at the how to: Academy on the 23rd April 2019.

**READ MORE**



## how to: **EXPLORATION**



03.06.2019

**The Remarkable Adventures of  
Alexander von Humboldt**

with Andrea Wulf

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

**READ MORE**

02.04.2019

**Why We Walk: Erling Kagge and Ben  
Saunders in Conversation**

with Erling Kagge & Ben Saunders

Two of the greatest living adventurers meet in conversation for a breathtakingly beautiful celebration of walking and exploring.

**READ MORE**



how to: SOCIETY



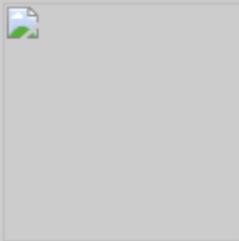
24.04.2019

**The New Science of Race and Inequality**  
with Jennifer Eberhardt

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? That the mere presence of a black face makes it more likely we will correctly recognise a blurred gun or knife in a photograph? Or that bringing people into close contact with those of a different group can actually exacerbate, not reduce, their prejudices?

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