

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

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

**Subject:** Bestselling Sleep Scientist Matthew Walker is Back | Roger Scruton on Big Ideas| Simon Schama on Tour| Hampstead Heath Walking Therapy| Giles Coren

**Date:** Tue, 26 Mar 2019 09:34:07 +0000

---

[View in browser](#)



Newsletter March 2019  
[www.howtoacademy.com](http://www.howtoacademy.com)



06.06.2019

### **The New Science of Sleep and Dreams**

A rare opportunity to hear the University of California Professor of Neuroscience, **Matthew Walker**, whose book on sleep exploded onto our shelves as if no other had previously been written on the subject.

**READ MORE**

30.05.2019

### **Roger Scruton: a 75th Birthday Tribute**

Join us for a birthday tribute to Britain's most loved public philosopher – a man who has lived life in thrall to art, beauty and big ideas.

*"When a lovely melody, a sublime landscape or a passage of exquisite poetry comes before your senses and your mind, you know that you are at home in the world. Beauty is the voice that settles us, the assurance that we belong among others, in a place of sharing and consolation."* – Roger Scruton

**READ MORE**





02.06.2019

### **Simon Schama – Wordy The Tour**

Can words still pack a punch in the reign of Twitter?

Have the carriers of thought, the deliverers of argument, the elements of poetry, the sounds that make us human – lost their force in the age of short attention span?

**READ MORE**



how to: **HIGHLIGHTS**



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.

**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

**How to Engineer Yourself to Health and Blissful Wellbeing**

with Sadhguru Jaggi Vasudev

Sadhguru, yogi and mystic, has dedicated a



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

lifetime to imparting technologies for wellbeing  
empowering people to tap into their innate state  
of health, peace and joy.

[READ MORE](#)

prosecutor Preet Bharara is finally free to talk.  
Join us for an insider's tell-all account of justice in  
the US today.

[READ MORE](#)



how to: SOCIETY



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.

**READ MORE**



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.

**READ MORE**



02.05.2019

**How to Raise Successful People**  
with Esther Wojcicki

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



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

*"Esther Wojcicki is leading a revolution not only in how we prepare our children to succeed, but how we nurture the health and well-being of parents across the world." – Arianna Huffington*

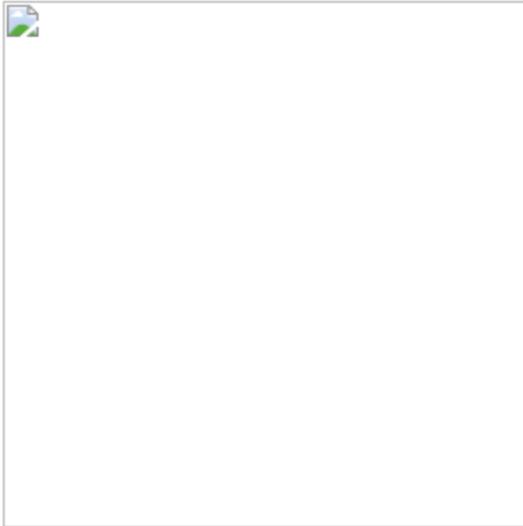
[READ MORE](#)

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...

[READ MORE](#)



how to: **LIFESTYLE**



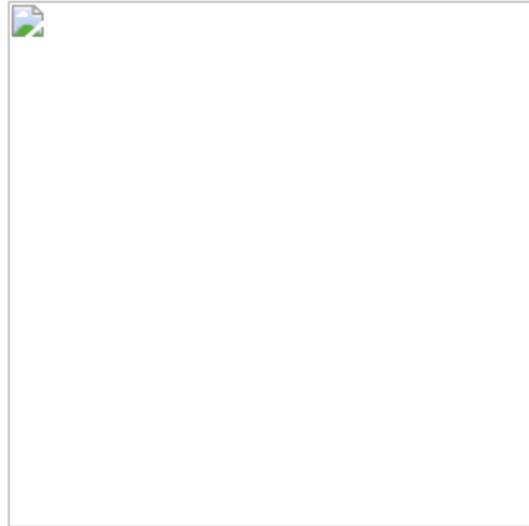
08.04.2019

**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.

James Clear has discovered a simpler system for transforming your life.

**READ MORE**

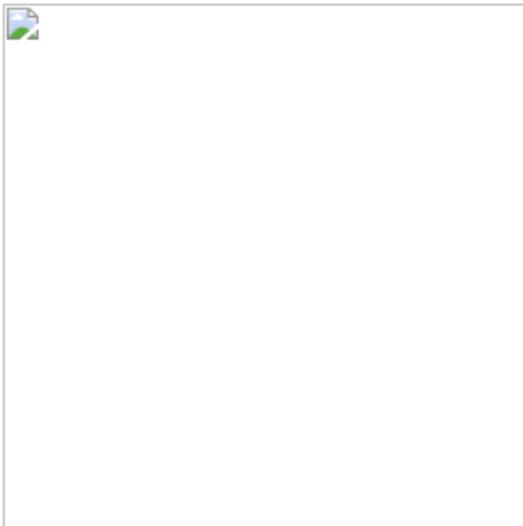


04.06.2019

**How to Own the Room: A Masterclass for Women in Public Speaking**  
with Viv Groskop

In this talk on the oratorical skills of a variety of brilliant women from Michelle Obama to Virginia Woolf, Viv Groskop will pinpoint exactly what it is that these women do to get their audience to sit up and really listen – and then advise you how to apply their qualities to your own lives.

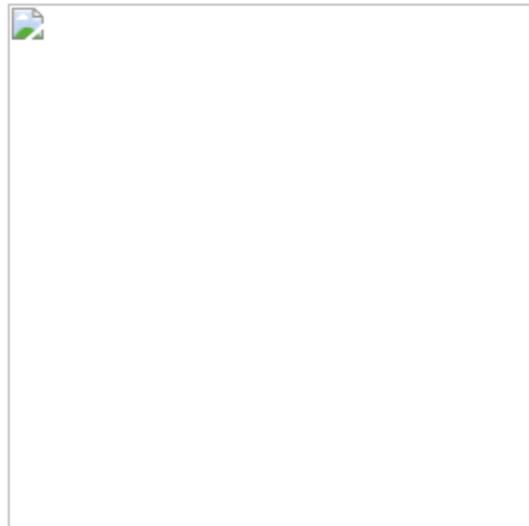
**READ MORE**



07.05.2019

**Truth, Love and Clean Cutlery**  
Giles Coren and Matt Stadlen in  
Conversation

Giles Coren is a man of many talents. A



19.05.2019

**The Nature Cure – A Walking Therapy Workshop**  
with Jonathan Hoban

Nature is our greatest healer. In this unmissable

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;....

[READ MORE](#)

mindful walk across Hampstead Heath, psychotherapist Jonathan Hoban will help you reconnect with your intuition, confidence and power.

[READ MORE](#)



how to: **NATURE**



02.04.2019

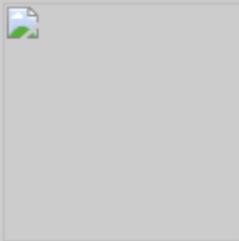
**Why We Walk: Erling Kagge and Ben Saunders in Conversation**

with Erling Kagge and Ben Saunders

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

From those perilous first steps to great expeditions, from walking to work to walking to the North Pole, those who walk live longer, and better.

[READ MORE](#)



*Copyright © 2019 How To Academy. All rights reserved.*  
You are receiving this email because you opted in our website <http://howtoacademy.com> and indicated you wished to receive news about courses and offers.

**Our mailing address is:**

How To Academy  
11 Aldridge Road Villas  
London, England W11 1BL  
United Kingdom

Add us to your address book

[www.howtoacademy.com](http://www.howtoacademy.com)

[how to: unsubscribe](#) | [update subscription preferences](#)