

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

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**Subject:** How Small Changes can Transform your Life| Superstar Esther Wojcicki on How to Raise Successful Children| Public Speaking for Women

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Newsletter March 2019  
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08.04.2019

### Small Changes can Transform Your Life

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**

02.05.2019

### How to Raise Successful People

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

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04.06.2019

### **How to Own the Room: A Masterclass for Women in Public Speaking**

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**



how to: **HIGHLIGHTS**



20.03.2019

**How to Build a Better World**

Rutger Bregman in conversation with Matthew D’Ancona

Rutger Bregman became a viral sensation taking on the billionaires at Davos. He joins us in London to present a bold, farsighted and realistic vision of a better world.

**READ MORE**



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**



26.03.2019

**How to Make Sense of Statistics**

with Sir David John Spiegelhalter

How many trees are there on the planet? Do busier hospitals have higher survival rates? The



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.

answers to these and many other questions can be revealed by statistical science. Join Professor David Spiegelhalter for a crash course in gaining knowledge from data.

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

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## how to: FOOD & RESTAURANTS



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.

**[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](#)**



# how to: EXPLORATION: Past & Present



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: PERFORMANCE



28.03.2019

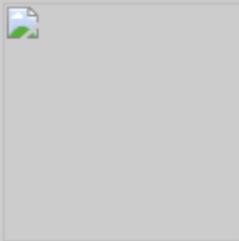
**Unsent Letters: a live performance**

With actors Harriet Walter, Tuppence Middleton, Nina Toussaint White and others; author Caroline Atkins and moderator Hannah MacInnes.

Harriet Walter and Tuppence Middleton are just two of the stars joining us to read the letters left unsent by history's greatest figures – from Beethoven to Van Gogh, Virginia Woolf to Iris Murdoch, George III to JFK. Some were written out of an alcoholic haze, others bashed out by writers too hot-tempered to check either the sense or the spelling. Many provoked trouble or revealed too much. One may have started a nuclear war.

Join us for a rich pageantry of human drama, brought to life by the stars of stage and screen.

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