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Subject: NEW: Mindfulness at Work, Christina Lamb on Afghanistan, Bernard-Henri Lévy on the Middle East, Siddhartha Mukherjee on the Future of Humankind

Date: Thu, 21 Apr 2016 08:55:47 +0000

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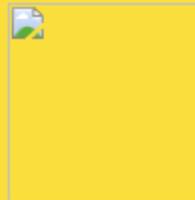
Newsletter April 2016
www.howtoacademy.com



05.07.2016

Enhance your Performance at Work with Mindfulness

Consultant to Accenture, Nike, Microsoft and Sony, Rasmus Hougaard joins the how to: Academy to teach us how to maintain focus and enhance our performance through mindfulness.....

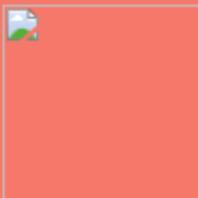


25.05.2016

Travel and Exploration

The finest travel writers come together for an evening of tales of travel and exploration.

From Christina Lamb to Benedict Allen on Iran, Afghanistan, Peru, Sri Lanka and San Sebastián, Spain.





how to: HIGHLIGHTS

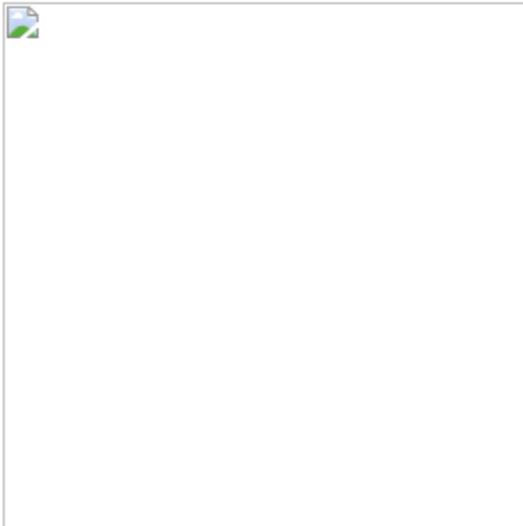
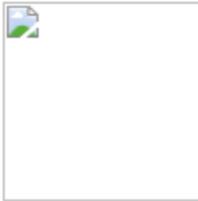


08.05.2016

Sunday Morning: Bernard-Henri Lévy on Islam, Islamic State, Kurdistan and the Peshmerga.

with Bernard-Henri Lévy

Bernard-Henri Lévy's talk last week on Religion was described as one of the finest ever to have been heard in the House of Commons. We are delighted that he'll be back for the How To Academy on Sunday May 8th to talk about conflict in the Middle East. Join us to hear one of the world's greatest orators discuss Islam, Islamic State, Kurdistan and the Peshmerga.



11.05.2016

An Evening with Germaine Greer

with Germaine Greer

Feminist, acclaimed intellectual and agenda-setting orator, Germaine Greer is among the most important figures in the world today. The how to: Academy is excited to welcome her for an evening of outspoken discussion about equality, gender and sex in contemporary public and private life.

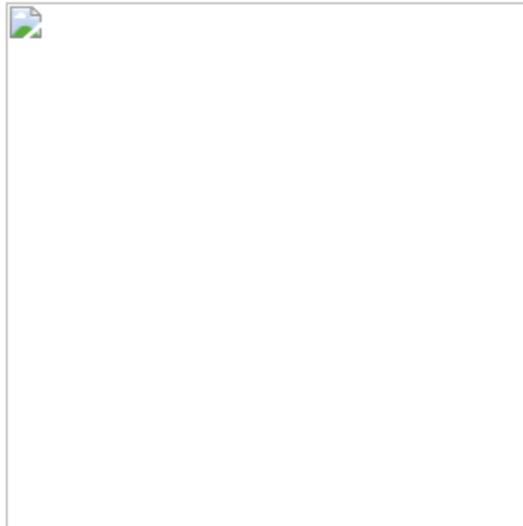
10.06.2016

Peter Singer on how to: Act Morally in the 21st Century

with Peter Singer

'The world's most influential philosopher' and one of the top 20 Global Thought Leaders, Peter Singer comes to the how to: Academy.

What action can you take to lead a moral life in a grossly unequal world? Few people are better placed to answer this question than the philosopher Peter Singer, whose works on animal welfare and charitable giving have...

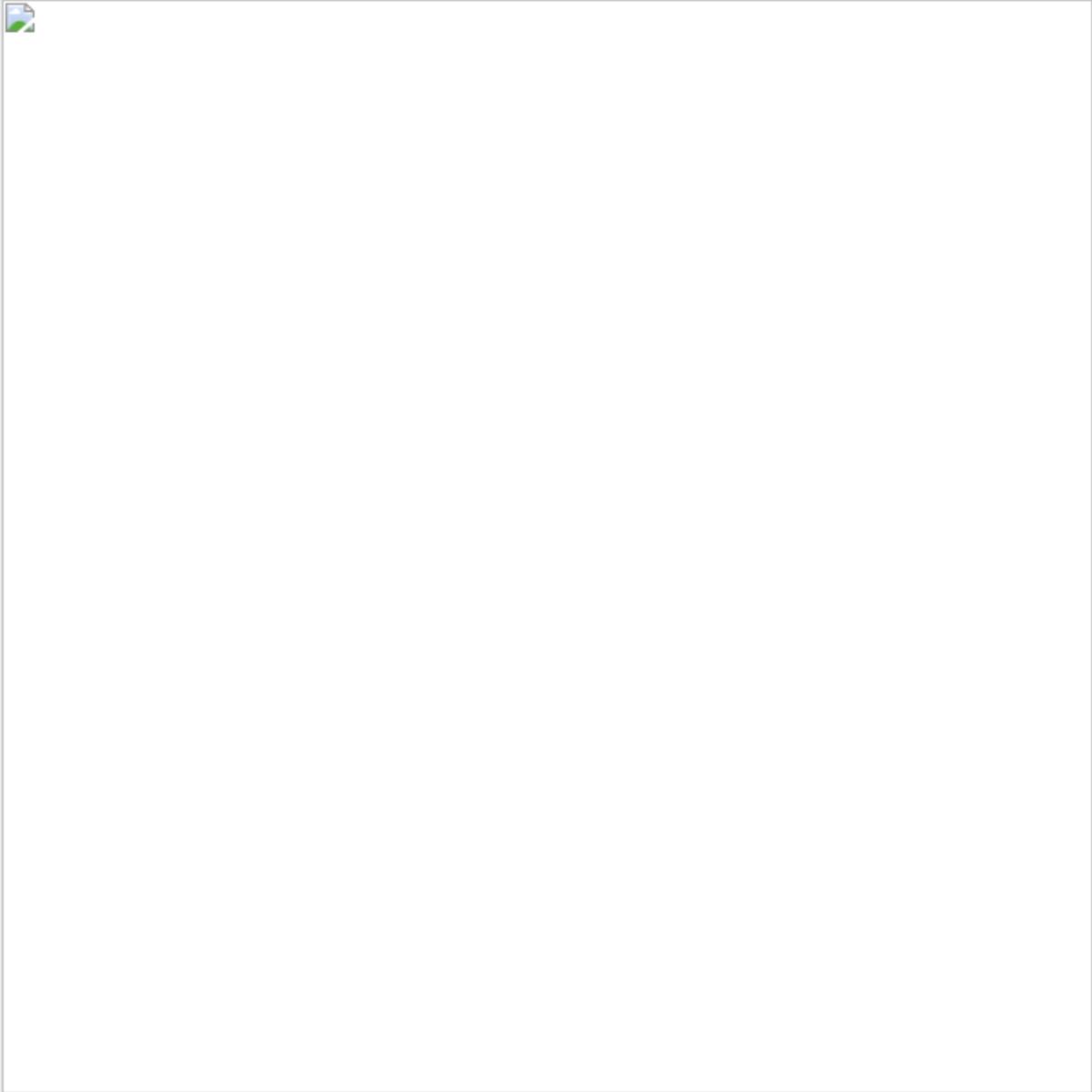
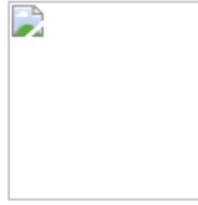
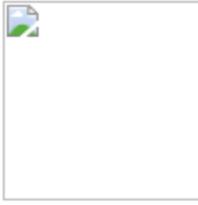


07.06.2016

Humankind's Genetic Future

Siddhartha Mukherjee in conversation with Mark Haddon.

Pulitzer Prize winner for *The Emperor of All Maladies*, cancer geneticist and stem-cell biologist Siddhartha Mukherjee is joined by author Mark Haddon (*The Curious Incident of the Dog in the Night-Time*, *A Spot of Bother*, *The Pier Falls*) for a special event to explore...

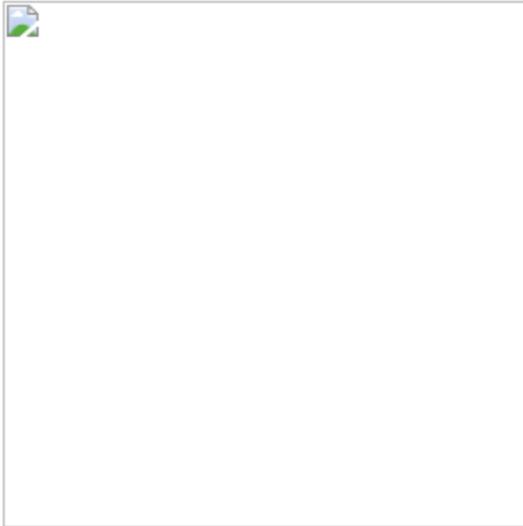


how to: BUSINESS



International expert on neuropsychology Ian Robertson joins the how to: Academy to explain how you can use pressure as a fuel for self-motivation, success and personal development. Drawing on insights from...

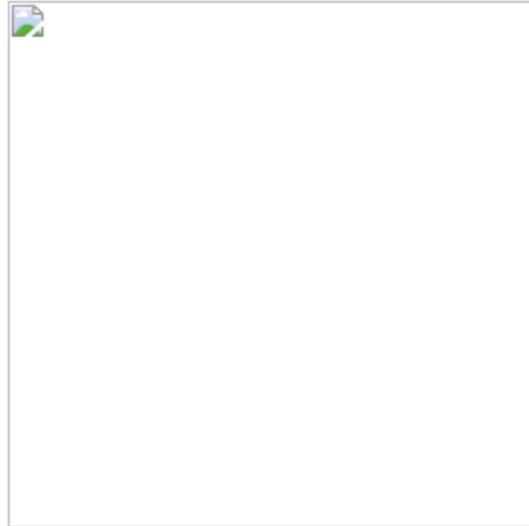
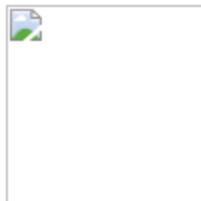
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13.05.2016
Speak in Public
 with Edie Lush

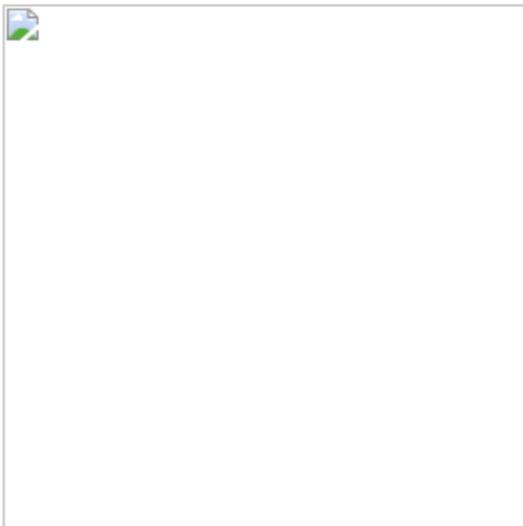
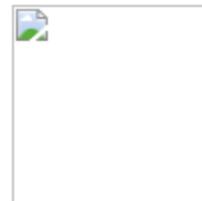
All of us have to do it – “say a few words” – at one time or another. Most of us are terrified by the thought of it. But don’t panic. This three-hour workshop will enable you to make fear of your audience a thing of the past.

Does the prospect of addressing a roomful of people leave you weak with terror?

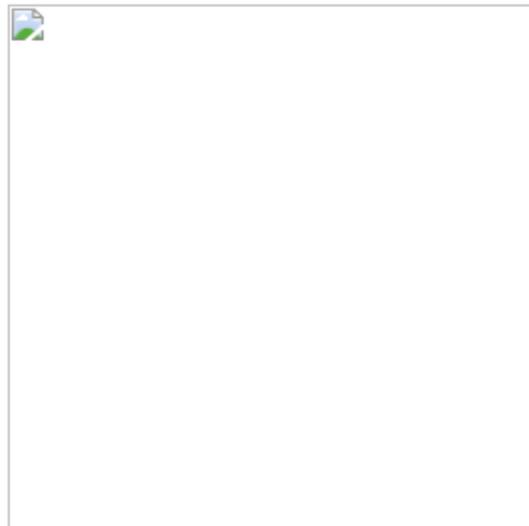


18.05.2016
The Art of Eloquence & Oratory (The Gift of the Gab)
 with David Crystal

We all know eloquence when we hear it. But what exactly is it? And how might we gain more of it for ourselves? Join David Crystal, world renowned expert on the history and usage of the English language, to learn about eloquence and how to master it.



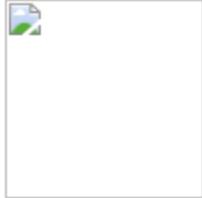
06.06.2016
Be Exceptional



13.06.2016
Confidence, Communication and

with Professor Anders Ericsson

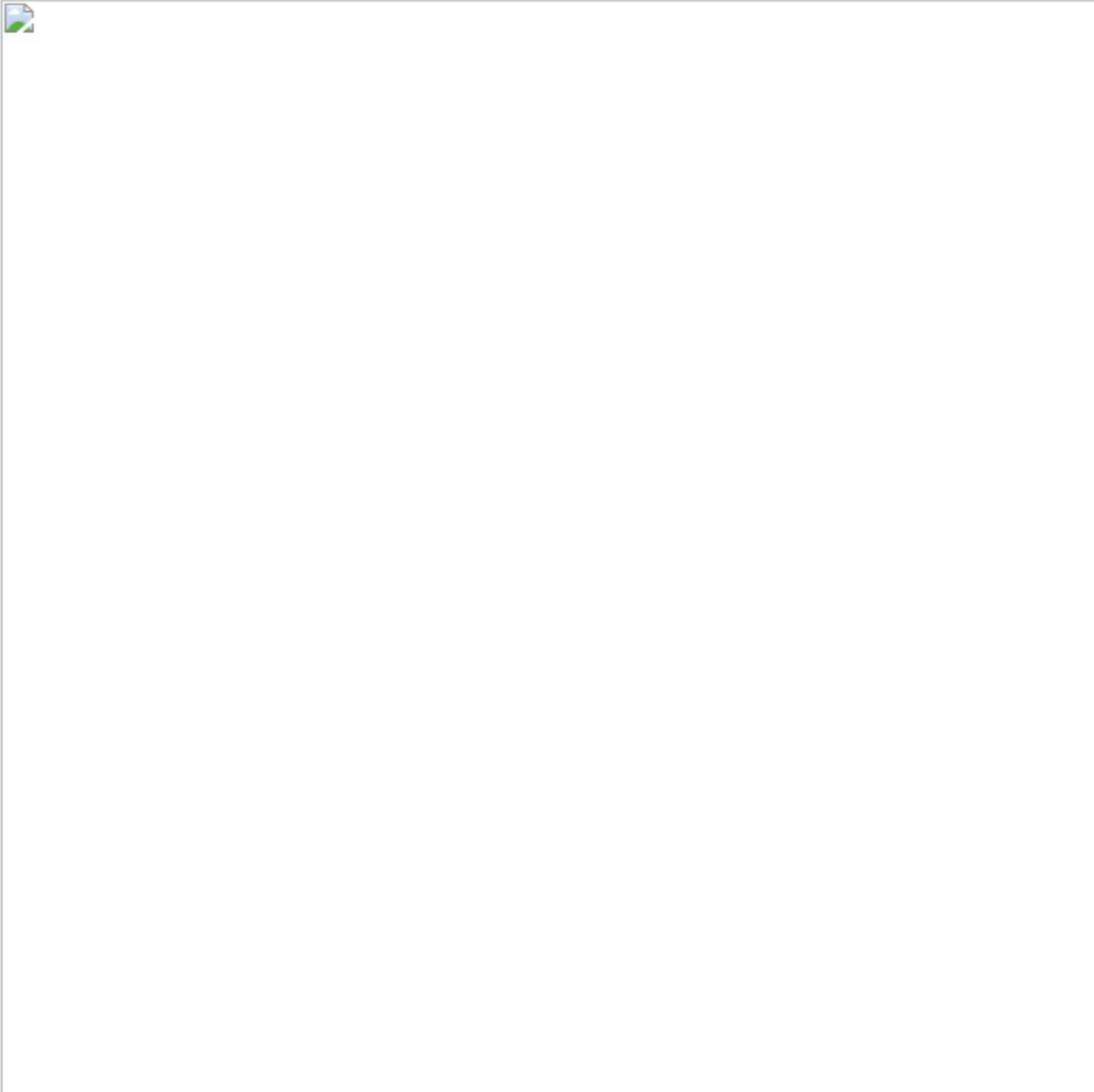
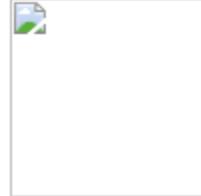
The world's expert in expertise and the inspiration for Malcolm Gladwell's '10,000-hour rule', Professor Anders Ericsson joins the how to: Academy to present a masterclass in how to achieve your dreams through training – even if you doubt your own talents.



Careers (Women only)

with Anna Percy-Davis

The How to Academy are delighted to be offering this new workshop exclusively to women. Covering confidence (how to act and behave in a confident, assertive fashion no matter what situation you find yourself), communication (how to be front-footed in a group meeting...

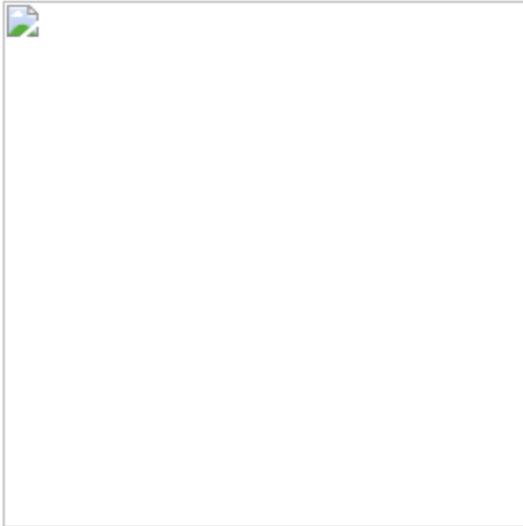


how to: CULTURE



Impossible? Not if you attend this ingeniously thorough, hands-on training course. At 10am on Saturday you will learn how to switch on the camera, and by 6pm next day you will be in a cinema seat watching your own...

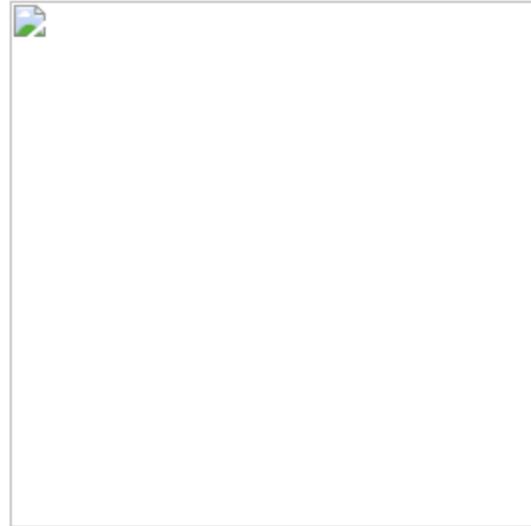
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04.05.2016

**A Masterclass in Documentary
Photography**
with Stuart Franklin

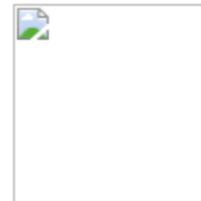
Stuart Franklin took one of the most powerful photographs of the twentieth century – the '*tank man*' in Tiananmen Square, Beijing, 1989. On 4th May, he joins the how to: Academy to explore the history and future of documentary photography.



16.05.2016

Read the Bible
with A.N. Wilson

The Bible used to be part of everyone's mental furniture. It no longer is. Images, scenes, phrases and stories which would have been instantly known to our forbears draw blank responses from us. Much of the architecture, music, sculpture, painting, and poetry of the last two thousand years now requires footnotes.



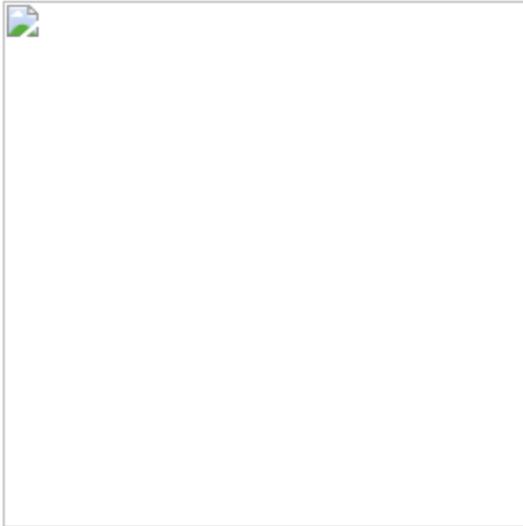


how to: LIFESTYLE



Is there an algorithm to ensure success at poker? Can chaos theory give you the edge at the roulette table? Join mathematician Adam Kucharski at the how to: Academy to find out how science and mathematics are tipping the tables...

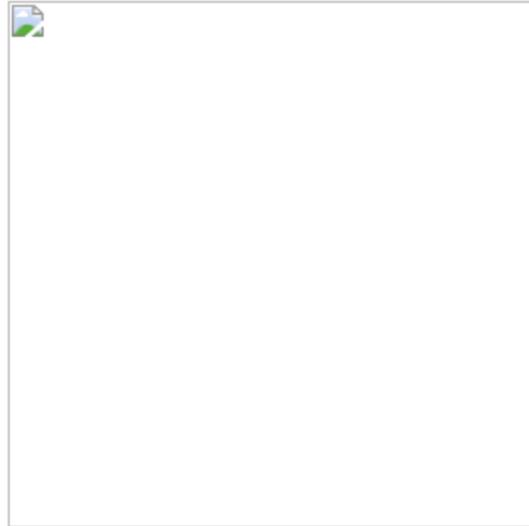
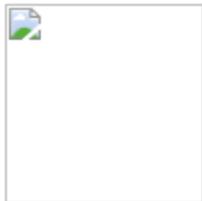
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09.05.2016

Use Maths to Understand Football
with David Sumpter

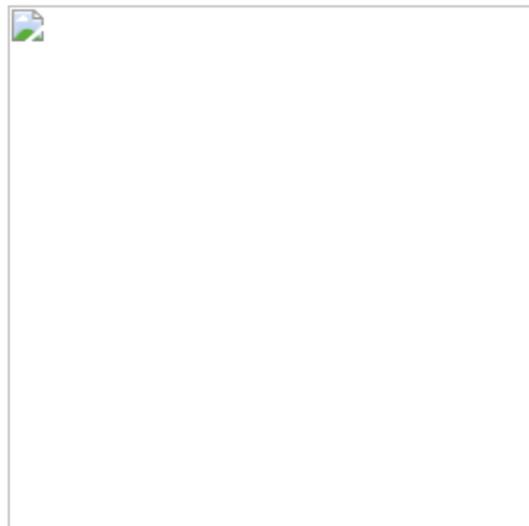
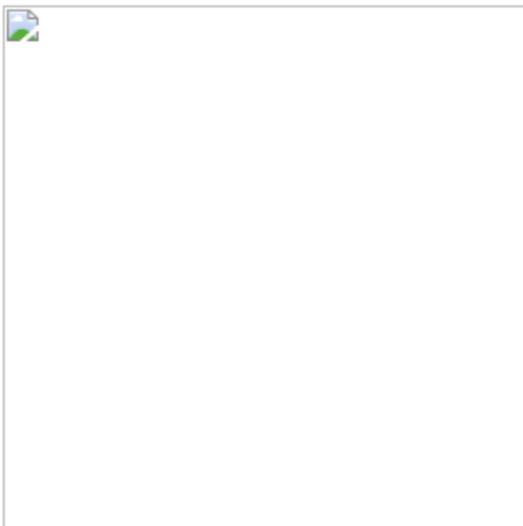
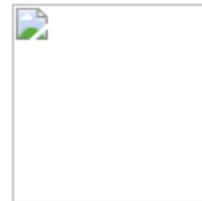
Football – the most mathematical of sports. From shot statistics and league tables to the geometry of passing and managerial strategy, the modern game is filled with numbers, patterns and shapes. How do we make sense of these? The answer lies in the mathematical models applied in biology, physics and economics. Soccermaths brings football and mathematics together in...



10.05.2016

Save your sanity, and control your child's digital life. (A guide for those trying to wean from the screen.)
with Noël Janis-Norton

Are screens a source of friction in your home? Do you worry about the amount of time your children spend on phones, tablets and watching TV? You're not alone. Join parenting expert Noël Janis-Norton and the how to: Academy to learn practical approaches to...

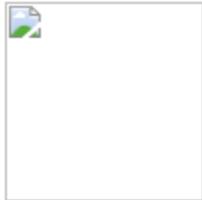


18.05.2016

**Play one of the world's greatest games
– Go**
with Peter Wendes

Enjoyed by Albert Einstein, Alan Turing and Rod Stewart, Go has challenged and satisfied great minds for millennia.

With simple, intuitive rules that create endless opportunities for complex strategizing...(Parents can attend with one under 21 free of charge.)

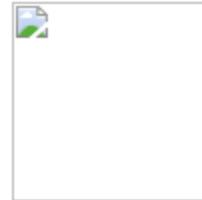


08.06.2016

**Solve Cryptic Crosswords (a Summer
Special)**
with Mephisto (Tim Moorey)

For enthusiasts at all levels from beginners onwards, this evening event will provide the clues you need to cracking cryptic crosswords.

Tim Moorey will explain the Ximenes rules and take you through the basics, after which – with the help of a wine break – you will divide into pairs to solve a puzzle of your own.





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