

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

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

**Subject:** Neuroscience of Compassion, Jason Elliott on Iran, Azar Nafisi on Lolita, Make a Film in a Weekend, Jared Diamond on Global Crises, Frans de Waal.

**Date:** Tue, 17 May 2016 08:51:59 +0000

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Newsletter May 2016  
[REDACTED]



16.08.2016

### Change your Life

For this life-changing talk, the eminent Stanford University Neurosurgeon, Professor James Doty will draw on his new book "*Into The Magic Shop*", already highly praised by His Holiness, the Dalai Lama, and Deepak Chopra....



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

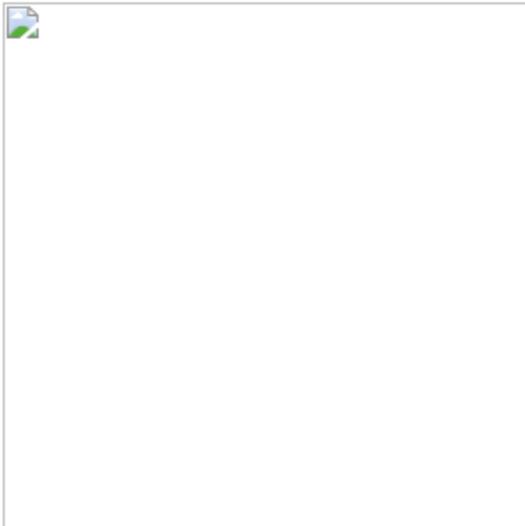
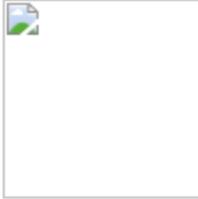


07.07.2016

**Great Minds: A major new talk by Jared Diamond**

with Jared Diamond

Jared Diamond, Pulitzer Prize winning author of *Guns, Germs, and Steel*, joins the how to: Academy to present a new view of crises – personal, national, and global – and how they may be dealt with....



14.07.2016

**The Secret Strengths of Introverts**

with Susan Cain

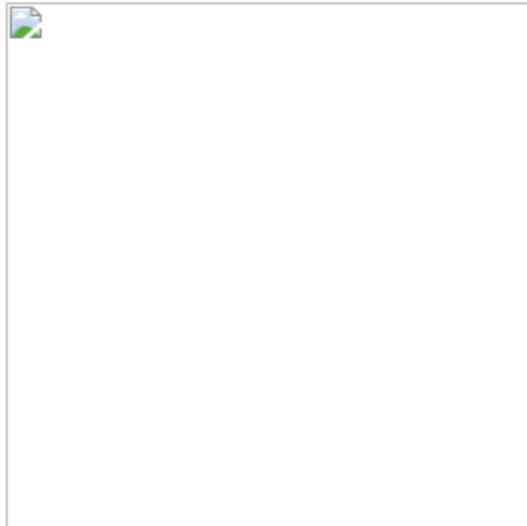
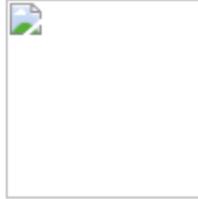
Susan Cain, the author of the 2m+ copies sold *Quiet: The Power of Introverts in a World that Can't Stop Talking*, and TED sensation with over 12m views, has inspired millions of people, sparked a worldwide conversation and literally changed the world. She is now taking the 'Quiet Revolution' to a younger audience...

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...

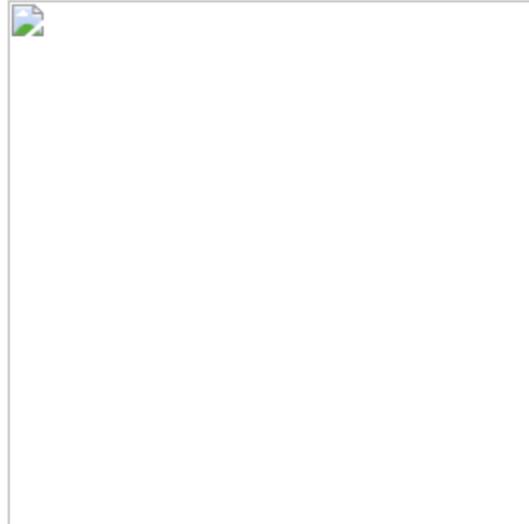
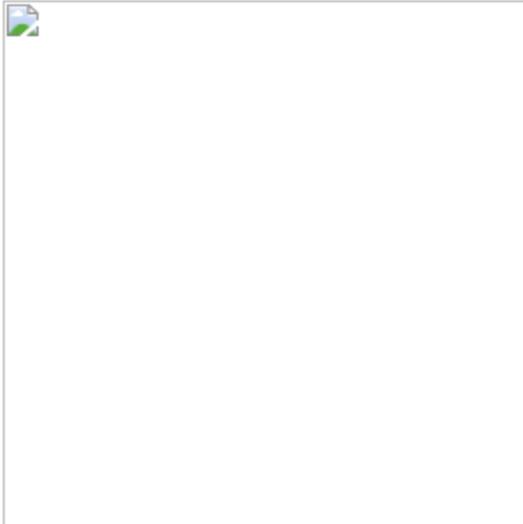
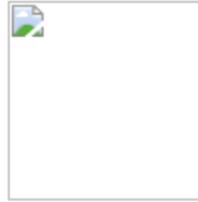
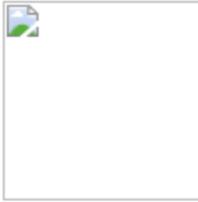


14.06.2016

**Use stress to make you stronger and smarter**

with Ian Robertson

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 cognitive neuroscience, Robertson will help you to...



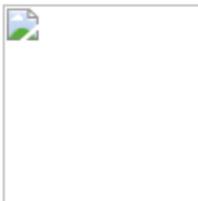
15.06.2016

**The Art of the Confidence Trickster: a Masterclass in Psychology**

with Maria Konnikova

Would you know if you were being conned?

Join New York Times bestselling author Maria Konnikova as she explores and explains the psychological principles that make swindling us so easy....

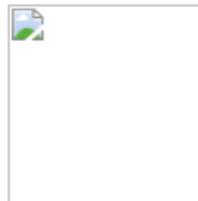


07.09.2016

**Understand Animal Intelligence. (A groundbreaking new study)**

with Frans de Waal

World-renowned biologist and primatologist Frans de Waal joins the how to: Academy to discuss his groundbreaking new work, which challenges everything we think we know about animal intelligence....



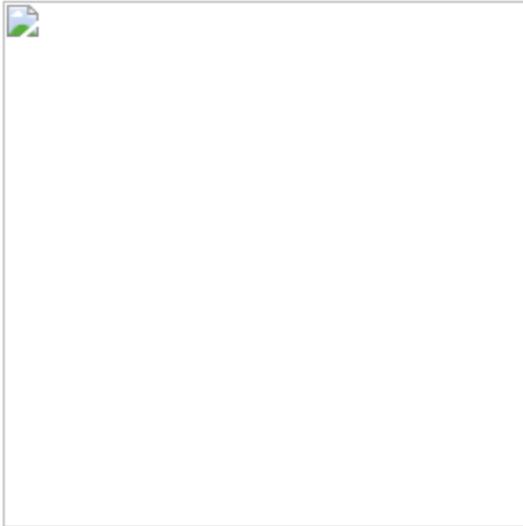


# how to: BUSINESS



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....

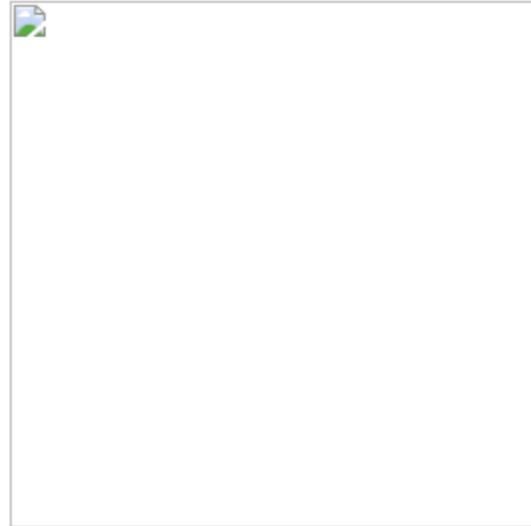
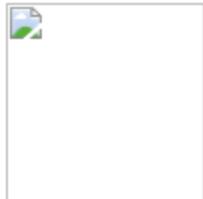
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06.06.2016

**Be Exceptional**  
with Professor Anders Ericsson

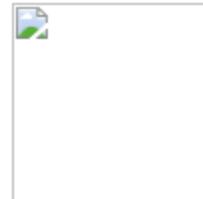
The world's expert in expertise and the inspiration for Malcolm Gladwell's '10,000-hour rule', Professor Anders Ericsson joins the how to: Academy to present a masterclass in how to achieve your dreams through training – even if you doubt your own talents.



13.06.2016

**Confidence, Communication and  
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...



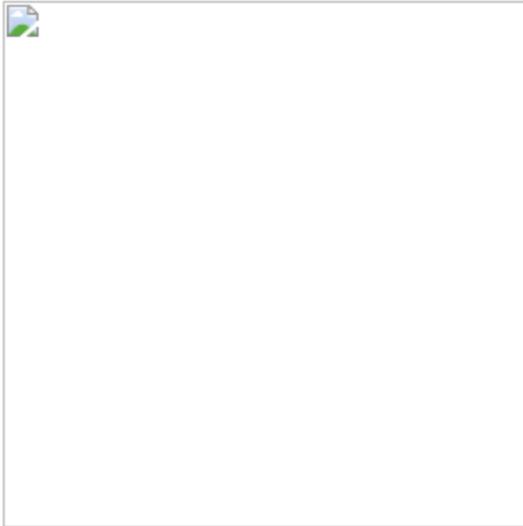


# how to: CULTURE



A rare chance to read *Lolita* with Azar Nafisi, and relive the world of the secret reading group she created in Tehran while exploring the imagination of the greatest novelist of the twentieth century. A unique masterclass in how to ...

[READ MORE](#)



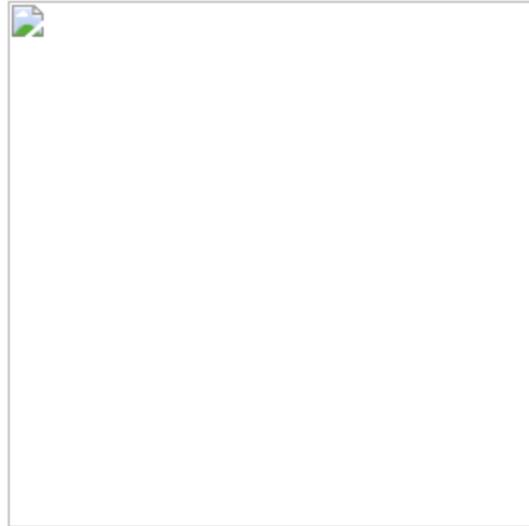
08.06.2016

**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.

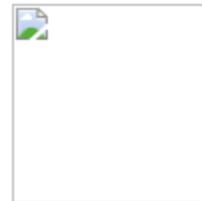


02.07.2016 - 03.07.2016

**Make a Film in a Weekend**  
with Bartek Dziadosz

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 three-minute short on the big screen.

A weekend course to introduce you to all aspects of film-making...





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