

From: How To Academy <[REDACTED]>

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Subject: Autumn at the How To Academy: Film, History, Photography, Lifestyle, Literature Music, Games and Politics

Date: Thu, 10 Jul 2014 14:16:03 +0000

How to: July

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This is an unmissable opportunity to hear the world famous philosopher Michael Sandel address the outstanding question of our age: **how do we want to live together?**

He has been called 'the most effective communicator of ideas' in English, our most

'relevant living philosopher', a 'genius', a humanitarian, who can has taken philosophy into the global public domain and empowered audiences worldwide to participate in the highest quality of debate. His Harvard 'Justice' course has become legendary. In Britain, BBC R4 audiences will know him as The Public Philosopher.



LITERATURE



27.09.2014 - 28.09.2014

Daytime Event, 10:00am-5:00pm both days

how to: Read Tolstoy
with Rosamund Bartlett

“If life could write, it would write like Tolstoy” wrote Isaac Babel. Universally regarded as the greatest writer of Russian fiction, Leo Tolstoy is the only author with two works regularly featuring in lists of the top ten novels of all time. This weekend course, led by Rosamund Bartlett, biographer and translator of Tolstoy, invites you to immerse yourself in both of them. We will explore the whole of Tolstoy’s long career as a prose writer, but the focus will be on War and Peace and Anna Karenina, the novels which represent the summit of his creative achievement, and rank amongst the greatest...

[Read more and book.](#)



04.10.2014

Weekend Event, 10am-5pm

how to: Read Ulysses
with Colin MacCabe

Ulysses uses one day in the life of Dublin to reflect on the whole of Western culture and society. We invite you to spend a one day in your life reflecting on Ulysses, the most influential, and difficult, novel ever written. Under the guidance of Colin MacCabe, one of the world's leading Joyce experts, you will enter into the world of Dublin on June 16th 1904 chapter by chapter, and hour by hour.

You will also look at the contexts of Ulysses: the Dublin of the Gaelic revival; pre-First World War Trieste; Zurich as a haven from...

[Read more and book.](#)



22.10.2014

Evening Event, 6:30pm-7:45pm

how to: Tennessee Williams: Mad Pilgrimage of the Flesh

with John Lahr

When *The Glass Menagerie* opened on 31 March 1945, it was greeted with rapturous acclaim and twenty-four standing ovations: Tennessee Williams spoke to a new America, liberated from years of wartime hardship. A homosexual, alcoholic, drug-addicted genius, Williams was raised in Mississippi, the son of a neurotic Southern belle and a hard-drinking travelling shoe-salesman. The most autobiographical of twentieth century playwrights, 'everything in his life', said Elia Kazan, 'is in his plays, and everything in his plays is in his life'....

[Read more and book.](#)



HISTORY AND POLITICS



07.10.2014

Evening Event, 6:30pm-7:45pm

how to: Understand Lawrence of Arabia
with Anthony Sattin

Who was the mysterious young archeologist who became known as Lawrence of Arabia? And why did he, one hundred years ago, burn the first manuscript of his great epic, Seven Pillars of Wisdom? What was the story he wanted to conceal from the world?

In what promises to be a riveting event, the acclaimed biographer and travel writer, Anthony Sattin, will uncover the truth about T E Lawrence. To celebrate the launch of his much anticipated new book, Sattin will discuss the secret behind Lawrence's birth, his tortuous relationship with his dominant...

[Read more and book.](#)



16.10.2014

Evening Event, 6:30pm-8:30pm

how to: A Bluffer's Guide to Politics
with Mary Ann Sieghart

Who's going to win the next election? Will Nigel Farage kipper the Tories? What do the two Eds really think of each other? Will the mansion tax happen? Our Bluffer's Guide to Politics will give you enough material to get you through the trickiest of political conversations. Find out about the policies, the personalities and the gossip with our insider's tour of Westminster.

Mary Ann Sieghart has spent nearly 30 years writing about politics for The Times, The Economist, The Independent and The Guardian and...

[Read more and book.](#)



06.11.2014

Evening Event 6.30pm - 7.45pm

how to: The English and their History
with Robert Tombs

This talk on the history of the English by the renowned historian Robert Tombs will offer a radical new view of England and the formation of its identity, shaped as much by what it has chosen to remember as by what it has chosen to forget.

Coinciding with the publication of Robert Tombs' groundbreaking new book *The English and their History*, Tombs' original approach shows how in language, history, literature, art and later cinema the English have been shaped by the stories and images that make up its collective memory.

[Read more and book.](#)



11.11.2014

Evening Event, 6:30pm-7:45pm

how to: Think About Central Europe
with Simon Winder

The Shadow of the Habsburg Empire a Century after Franz Ferdinand's assassination.

The killing of Archduke Franz Ferdinand, heir to the Habsburg Empire, was the 'original sin' of the modern era – the trigger for a catastrophic sequence of decisions which wrecked Europe – with the aftershocks felt until at least the ending of the Cold War. Why was the Habsburg Empire so important to Europe's existence and to its intellectual life? – the home of psychoanalysis, Mahler and Zionism; but also the home to authoritarianism, Hitler and virulent anti-Semitism. In this wide-ranging talk...

[Read more and book.](#)



LIFESTYLE



10.09.2014

Evening Event, 6:30pm-7:45pm

**how to: Thrive in a World of Too Much: Mastering
Busyness**

with Tony Crabbe

It is difficult to ask anyone 'How are you doing?' without hearing the word 'busy' at some point in the answer... We feel overwhelmed by busyness because of the demands on our time: but busy isn't just a fact of modern life, it's also a brand! Busyness isn't essential. Yes, there is a lot to do, but believing you're always busy because you have so much to do is both false and unhelpful. To thrive we have to respond differently to our world of too much, which starts with stopping managing our time and becoming less productive, deliberately.

[Read more and book.](#)



11.09.2014

Evening Event, 6:30pm-8:30pm

how to: Know what we should Eat (and ensure we lose Weight too)

with Vicki Edgson

The question on everyone's lips is: Just exactly WHAT should I be eating that's a) safe, b) nutritious, and c) will ensure I lose weight?

Whether its the 5:2, the 16:8, the South Beach, or the Paleo, at least 60 % of adults in Britain will have been on a diet at some point, and over half of those are on continuous diets. Scary figures, which would be fine if they were achieving their goals BUT, it seems that the figures don't stack up, and no-one is quite sure of WHAT they should be eating WHEN and WHY!

[Read more and book.](#)



17.09.2014
Evening Event, 6:30pm-8:30pm
how to: Remember
with Ed Cooke

An introduction to the imaginative techniques and stories behind the ancient arts of memory. Ed will lead an interactive, practical tour through the world of memory techniques, with numerous examples of how to boost your memory, how to forget and how to make sense of memory in the modern world.

Ed is a co-founder of Memrise.com, the online learning platform, a Grandmaster of Memory, has been regularly placed in the top 10 of the world memory championships...

Repeated due to popular demand.

[Read more and book.](#)



19.09.2014

Workshop, 9:30am-12:30pm

**how to: Write Better English (for Business or
Pleasure)**

with Sam Leith

Tips from the professionals, with Sam Leith.

We all know how to write. We may know how to write well. But is our writing the best that it can be? How many of us can produce strong and clear sentences, getting our point across in as few words as possible – and all of them the right words? Whether we are writing an essay, a report, a memo, or simply a straightforward letter, making our prose seem effortless can be the hardest part of the day.

[Read more and book.](#)



09.10.2014

Evening Event, 6:30pm-9:00pm

how to: Dramatically Improve Your Handwriting
with Cherrell Avery

Does your handwriting glide with grace across the page, or does it look like a fly has fallen into a pot of ink and is making its dying movements? George Bernard Shaw described the 'beauty and nobility, the august mission and destiny, of human handwriting' but a good hand is increasingly a lost art. Bad handwriting, meanwhile, is as annoying to the reader as a grating voice to a listener. In this introductory workshop, professional scribe and lettering artist Cherrell Avery will show you how to put pen to paper with a fine italic flow (pens and paper will be provided, the flow will be your own).

[Read more and book.](#)



28.10.2014

Evening Event, 6:30pm-8:00pm

how to: Interpret Your Dreams
with Philippa Perry

Egyptians believed they were visits from the Gods. For the Greeks, they were prophetic. Freud found in them the language of the unconscious; for neuroscientists they are simply neural connections. For as long as we have had written language we have been interpreting dreams, and those attending this workshop on dream theory are invited by psychotherapist Philippa Perry to send in a dream or nightmare, recurring or one off, which she can discuss. Philippa will explain how to work with and think about your dreams, and how dreams have been worked with and thought about for the past two thousand years.

[Read more and book.](#)



18.11.2014
Evening Event, 6:45pm-8:00pm
how to: Sleep
with Dr. Guy Meadows

Are you losing sleep over insomnia? Do you have a problem getting to sleep, staying asleep or sleeping deeply? Sleep is as necessary as breathing but that doesn't mean that getting your 8.1 hours per night is easy. One third of the population suffers from sleep deprivation, a disorder which can lead to weight problems, memory impairment, reduced concentration, health issues, and depression. In a talk packed with helpful hints and advice, sleep expert Guy Meadows will explain the Sleep School five steps to overcoming insomnia and show you how to build a strong and robust sleeping pattern.

[Read more and book.](#)



27.10.2014

Daytime Event, 9:30am-12:30pm

**how to: Organise and Enhance your photos using
iPhoto and Photoshop**

with Brad Clark

Organising your photos can be something of a challenge but with iPhoto and other tools it has never been easier. In addition enhancing your photos using Photoshop can make working with images a pleasure. To the newcomer, however, it can seem daunting. But this session for beginners is designed to get you using the basic tools of photoshop with confidence and allow you to progress on to learning the more advanced features when the need arises.

Brad Clark is a Writer, Curator and Art Historian that has worked for institutions such as The National Gallery, Victoria and Albert Museum and The Design...

[Read more and book.](#)



31.10.2014

Daytime Event, 9:30am-12:30pm

how to: Understand your Mac or iPad
with Brad Clark

You do everything together. You share your most private moments, your most immediate thoughts, you cannot bear to be apart. You tell him – or maybe her – everything, but is it a one-way relationship? How well do you actually understand your Mac or iPad? Do you know how capable he is, how many skills he actually has, and what a wealth of resources he is harbouring? Do you know how much more he could give if you only made the commitment to explore him in depth?

Give your Mac a treat on this bespoke course. But to ensure all your questions are answered, some of which may not be ...

[Read more and book.](#)



10.11.2014

Daytime Event, 9:30am-12:30pm

how to: Use WordPress to start a Website
with Brad Clark

Websites today are far more than a luxury. If you wish to achieve any kind of success in both business and individually, your website is the public face and usually the first impression that you make to your audience. Unfortunately, many people still believe that making an effective and impactful website takes a huge amount of effort and money.

This is not the case!

WordPress is an amazing platform for creating state of the art and infinitely scaleable websites, whether it be a simple personal ...

[Read more and book.](#)



07.11.2014

Daytime Event, 9:30am-12:30pm

how to: Speed Read People (and Oneself). A Psychological Masterclass

with Gavin Presman

“He who knows others is wise; he who knows himself is enlightened.” - Lao Tsu

‘No man is an island’ is easy to say, but do you sometimes find it difficult to interpret and emphasise with people you meet? Do you sometimes find yourself working at cross purposes with colleagues, or worry that they struggle to understand your motivations? What if there was a way to get an instant grasp of someone's personality, and a better method of explaining your own?

[Read more and book.](#)



FILMS AND PHOTOGRAPHY



20.09.2014 - 21.09.2014,
01.11.2014 - 02.11.2014

Weekend Event, 10:00am-5:00pm both days

**how to: Shoot the Light. A Weekend Photography
Masterclass**
with Clive Frost

A late Summer photography course for those who want to take their cameras on location.

This is a course with a difference, aimed at beginners and enthusiasts as well as those considering photography as a profession. Held over two weekends in September and November, with October devoted to working on a group project, entitled 'Autumn', which will then be printed as a photo book. You will be able to decide if you wish to...

[Read more and book.](#)





01.11.2014 - 02.11.2014

Weekend Event, 10:00am - 6:00pm both days

how to: Make a Film in a Weekend
with Bartek Dziadosz

Impossible? Not if you attend one of these ingeniously thorough training courses. 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, from turning ideas into a script, planning the production process, operating the camera and discovering the joys of editing. You will learn...

Repeated for the third time due to popular demand.

[Read more and book.](#)



MUSIC



18.09.2014

Evening Event, 7:00pm-8:30pm

how to: Jazz – Ellington and Monk

with David Ogilvy, Dorian Ford

An evening of live music and talk with David Ogilvy and Dorian Ford on the music of Duke Ellington and Thelonius Monk.

Combining live examples, video footage, and recordings of their work, we will explore the great leaps made by these two great pianists and composers, and look at the traditions they drew from.

We will also look at how they influenced not only their contemporaries, but also musicians in other genres particularly in the 'European' tradition in the 20th century.

[Read more and book.](#)



GAMES and more



25.10.2014

Weekend Event, 10:00am-12:55pm

**how to: Crosswords, croissants, genius, and coffee
(Saturday Morning)**

with Mephisto (Tim Moorey)

Here's the solution to that Saturday morning problem: why not solve the weekend crossword with the man who set it? We'll provide coffee and croissants at a private studio in Notting Hill, Mephisto will be on hand to give his expert tuition, so all you need to do is get up on time. While we don't recommend this 3 hour morning session for complete beginners, it's the perfect opportunity for both nervous novices and experienced old-timers to improve their technique in a comfortable, convivial, and companionable setting. Begin the weekend at the top of your game.

[Read more and book.](#)



16.12.2014

Evening Event, 6:30pm-8:30pm

how to: Perform Magic. The Ultimate Pre-Christmas Present

with Lee Smith, Zap the Magician

It's not just taught at Hogwarts, you know. We can all be magicians, and there is no better way to dazzle our friends and build up our confidence.

In this masterclass, Lee Smith and Zap the Magician will share some of the secrets that have placed them in the premier league of magicians in the UK. They have arranged a programme of original, high-impact magic effects and sleight of hand techniques which are simple to learn, and will give you a skill you will have forever.

[Read more and book.](#)



PARTNER EVENTS



18.07.2014 - 20.07.2014

Weekend event

Curious Arts Festival

35% off tickets to Curious Arts Festival

Come and be Curious at the Curious Arts Festival which takes place in the breathtakingly beautiful gardens of Pylewell Park in the heart of the magical New Forest over the weekend of 18th-20th July. A dazzling array of writers, musicians, film-makers and artists including: Antonia Fraser, DBC Pierre, John Niven, Hossein Amini, Rachel Joyce, Dan Snow, Viv Albertine, Nathan Filer, Gavin Turk, Joan As Policewoman, Nick Mulvey, Johnny Flynn and the Sussex Wit and many more are there to delight, inform and entertain. You can pique your curiosity too with the Hendrick's Carnival of Knowledge, Breathing Lessons, Garden Walks, a Jabberwocky Hunt, Bibliotherapy, Print-making and many other intriguing activities. Camping is free and there is a delicious array of food and drink on site.

Curious? Go to www.curiousartsfestival.com and tap in

promotional code ***Friend*** for a great ticket offer.

[Read more and book.](#)



If there's a course you'd like to take which isn't currently included in our programme, email us with the details of what you'd like us to organise and if there's sufficient demand, we will contact our extensive network of distinguished teachers, lecturers and writers to arrange a course tailored to your needs.



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