

From: How To Academy <[REDACTED]>

To: j <jeevacation@gmail.com>

Subject: Johann Hari on the Real Causes of Depression & the Unexpected Solutions| Change the World
Speaker Update | Transform your Health.

Date: Tue, 07 Nov 2017 09:55:34 +0000

[View this email in your browser](#)



Newsletter November 2017

www.howtoacademy.com



09.01.2018

How to Eat, Sleep, Relax and Move for a Longer, Healthier Life

A perfect post-Christmas talk by Dr Rangan Chatterjee, the star of the BBC One series *Doctor in the House*, which will transform the way you think about health and provide a simple framework for changing your life. Dr Chatterjee divides health into four pillars: diet, rest, sleep and movement.



24.01.2018

The Real Causes of Depression – and the Unexpected Solutions

In this talk Johann Hari, whose TED talk on addiction – and the animation based on it – has been viewed over 20 million times online, will present a radical reappraisal of depression arguing that depression isn't caused by a chemical imbalance in our brains but by crucial changes in the way we are living. For Johann this opens up 7 new paths out of depression and anxiety...





how to: **HIGHLIGHTS**



14.11.2017

Emotional Agility: Overcome Negative Emotions, and Thrive in Work and Life
with Susan David

The leading voice on emotions offers a revolutionary approach that enables us to understand and embrace difficult emotions without letting them derail us.

Following her sell-out talk in 2016, Susan David PhD, a psychologist and faculty member at Harvard Medical School, returns to ...

15.11.2017

How Organisations of All Sizes Can Harness Startup Techniques to Drive Growth and Innovation- THE START UP WAY
with Eric Ries

After the phenomenal success of his bestselling book *The Lean Startup*, Eric Ries launched a global movement. Concepts like minimal viable product, A/B testing and pivoting changed the language of business.



28.11.2017

How to Stop Brexit

Nick Clegg in conversation with Emily Maitlis.

Due to exceptional demand we have changed the venue and additional tickets are now available.

Extricating Britain from Europe will be the greatest challenge this country has faced since the Second World War – or its greatest crisis.

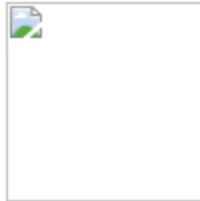


04.12.2017

How to Understand Yourself Better (and those around you)

with Gretchen Rubin

Are you an Upholder, a Questioner, an Obliger or a Rebel? Gretchen Rubin, lifestyle guru and bestselling author of *The Happiness Project*, returns to the how to: Academy with a masterclass on how to make lasting changes in your life by understanding your personality profile.





how to: CONFERENCE



30.11.2017

How To Change The World 2017

Tickets are selling fast for how to: Change The World 2017, the extraordinary day-long conference that gives you a panoramic view of the future. Book now to secure your seat!

Presenting leading experts on: emotion-reading computers, the Blockchain Revolution, tackling Alzheimer's disease, electric air taxis, instant charging batteries, artificial intelligence, virtual reality, SpaceX, breakthroughs in refrigeration, renewable fuels, the circular economy and more.



30.11.2017

How To Change The World 2017

Speakers at the Conference include **Sophie Hackford** with a global roundup of the Tech Innovations in 2017, **Casey Kuhlman** on the Fintech Revolution and Blockchain, and **Monica Bielskyte** on Designing Fictional Futures.





how to: PRE-CHRISTMAS EVENTS



11.12.2017

Solve Cryptic Crosswords

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. In the words of Stephen Sondheim, 'The nice thing about doing a crossword puzzle is you know there is a solution.'



14.12.2017

Why Dylan Matters

with Richard F. Thomas

An unmissable talk with Harvard Classics Professor, Richard F. Thomas on Why Dylan Matters.

In 2016 Bob Dylan was awarded the Nobel Prize... for Literature. Everyone was happy – except some in the literary world, which was confused and divided. The word in Stockholm was that Dylan had given 'new poetic expression to the great American song tradition'.





19.12.2017

**A Masterclass in Poker & an
Introduction to Game Theory**
with Liv Boeree

Liv Boeree, currently the top ranked European player in the world, with over \$3.5m in live tournament winnings, comes to the how to: Academy with a talk on Poker that will include strategy tips, hand analysis and stories from the table. Liv will also outline some introductory game theory and the applications of poker-player thinking in everyday life.



Christmas Gift Vouchers & Membership

The gift of a how to: Academy voucher

- An elegant, embossed card
- Can be used for any course or event
- No expiry date
- Order below, and we will contact you to arrange delivery. (For super speedy delivery just email me at [REDACTED] with your address or the address of the recipient and any message [REDACTED] like included.)





how to: AFTERNOON CONFERENCE



06.12.2017

Organisations of the Future

Most of our organisations are still using approaches devised in the early 19th century: hierarchy, command and control, get ahead by doing what you're told.

One thing is certain: the way our organisations currently work doesn't work. Average life expectancy of an ████ 500 company has fallen from 90 years in 1935 to 18 years today.





Copyright © 2017 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

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