

From: How To Academy <[REDACTED]>

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Subject: Neuropsychology Professor on Harnessing Stress, Bernard-Henri Lévy on the Middle East, Visionary Biologist on How Life Works, A.N.Wilson on the Bible

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Newsletter April 2016



14.06.2016

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

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.



10.06.2016

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

'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?...



how to: HIGHLIGHTS



08.04.2016

Scientific Visionary Sean B. Carroll on How Life Works

with Sean B. Carroll

Visionary biologist Sean B. Carroll, drawing from work for his new book *The Serengeti Rules*, will forever change the way you think about life on Earth.

Few people have the ability to develop extraordinary scientific ideas. Fewer still have the gift of communicating these ideas with the clarity and sensitivity that can inspire any audience....



08.05.2016

Sunday Morning Live from the Tabernacle: 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.





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.



07.04.2016

An Evening with Neil MacGregor
with Neil MacGregor

In a major new talk for the how to: Academy, Neil MacGregor delves back through artefacts, architecture and hidden archives to revisit the history of one of Europe's most important and fascinating nations: Germany.





how to: CULTURE



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, Go is a game that is easy to grasp but takes a lifetime to master....

[READ MORE](#)



16.05.2016

Read the Bible
with [REDACTED] 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.



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...





how to: BUSINESS



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.

[READ MORE](#)



25.04.2016

**Sprint Your Ideas To Success. A
Groundbreaking Process for Problem
Solving and Product Development,
from Google Ventures**

with Jake Knapp and John Zeratsky

Jake Knapp of Google Ventures joins the how to: Academy to explain and share the methodology of the 'design sprint' – a five-day process he created to help companies answer crucial questions, and get ideas off the ground.



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, a one-to-one situation and how to make sure ...





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