

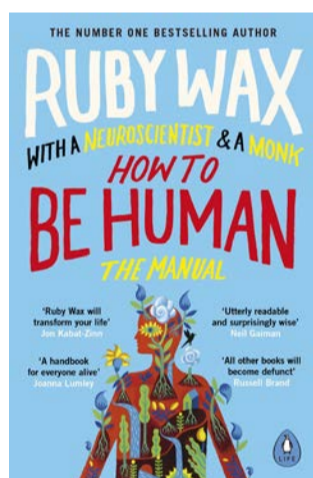
THE MAINSTREET TRADING COMPANY

BOOKS, CAFÉ, DELI & HOME



Please join us to leap into the New Year when **Ruby Wax** visits Mainstreet on **Fri 18th Jan** to talk about her new book, *How to be Human*.

RUBY WAX



“This book is about how to be human. Why we haven’t figured this out by now, I do not know. We should be having the time of our lives at this point in history. With technology so smart, at a click of a finger you can order a husband at two in the morning, have food delivered straight into your mouth and shop while you sleep – but still we’re not happy. The book tells you why and what we can do about it. Now is the time to upgrade our minds as much as we’ve upgraded our iPhones.

I wrote this book with a little help from a monk, who explains how the mind works and a neuroscientist, who explains what makes us ‘us’ in the brain.” – RUBY WAX

‘Wise, practical, funny. A handbook for everyone alive’ – JOANNA LUMLEY

‘Ruby Wax has spent a lifetime trying to be human... with this book, she’s so very nearly there...’ – DAWN FRENCH

EVENT Ruby Wax ‘in conversation’ about her book, *How to be Human: The Manual*
DATE Fri 18th January 2019, 7.30pm (doors open 7pm)
TICKETS £12 (includes a copy of *How to be Human*)
VENUE St Boswells Village Hall, St Boswells, TD6 0AA
TO BOOK www.ticketsource.co.uk/mainstreettrading
01835 824087 or book in-store.

PLEASE BOOK TICKETS IN ADVANCE TO AVOID DISAPPOINTMENT

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