# Northern society book club – A different approach to networking

Ramada Encore Hotel, Hawkes Road, Gateshead Quays, Gateshead NE8 3AD

A series of interludes with tea and cake at which we will consider the lessons for life and work from contemporary polemic books. The unusual element to this book club is that you do not have to read the book beforehand that will have been done for you! But please feel free to read and enjoy the books in advance if you wish.

Each interactive session will explore one major book. A brief synopsis will be offered and then the major concepts and ideas will be discussed.

Wednesday 15 October 2014

16:30 for 17:00 to 18:00

Serve to Win by Novak Djokovic

Novak the current Wimbledon champion has had an interesting journey from Serbia to top flight sporting achievement. He asks the reader to have an 'open mind' as he explains his regime and ideas for mental and physical fitness.

From crashing out at the Australian Open in 2010 he has completely changed his approach to life. His ideas are both quirky and interesting.

Wednesday 22 October 2014

16:30 for 17:00 to 18:00

Sane New World by Ruby Wax

Ruby Wax is now known as the poster girl for depression. Her aim now is to de-stigmatise mental illness. Her book is based on the premise that our brains were not built for 21st Century living.

It contains witty anecdotes and practical examples on how to tame the mind.

This is a book for us all and has a new approach on how to bring calm and peace of mind into our hectic 21st Century lives.

Wednesday 5 November 2014

16:30 for 17:00 to 18:00

The Power of Habit by Charles Duhigg

This book looks at why we do what we do. It is a well-researched tome which provides insights into making and breaking habits. The habits of individuals, organisations and societies are explored, with practical advice, funny stories and critical thinking.

Wednesday 5 November 2014

16:30 for 17:00 to 18:00

The One thing by Gary Keller and Jay Papson

'The surprisingly simple truth behind extraordinary results'

Our dilemma is that we want less of some things and want more of others. How we can achieve better results in less time is the basic concept of this book. Examples are given so that we can make the right decisions to focus on the 'one thing' that will help us do this.

All the books are insightful and contentious, providing opportunities for some lively discussions

**Booking:**

You can attend each networking session can be booked individually or book as a series of sessions. Priced at £15 +VAT per session

**Credit/Debit card line +44(0)1908 248159**

**Online** [**www.icaew.com/events**](http://www.icaew.com/events)

**Postal booking by cheque to NorSCA, PO Box 101 Prudhoe, NE 42 9AQ**

Further information contact Joanne Lucking on 0191 300 0532 joanne.lucking@icaew.com

**\*I/we would like to attend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Institute Membership No. (if applicable): ⬜⬜⬜⬜⬜⬜⬜

**RETURN TO: Joanne Lucking, ICAEW Northern, PO Box 101, Prudhoe NE42 9AQ**