

BETTER ANGELS Media Release:
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SARAH BROWN LAUNCHES PODCAST SERIES CALLED BETTER ANGELS

Sarah Brown is launching a new podcast series called *Better Angels* - consisting of 30-40 minute programmes dedicated to helping create real change in the world.

The first two podcast episodes will be available on i-Tunes from Thursday, November 3 at 09.00am, GMT, with future episodes to follow.

Global campaigner and author Sarah will talk openly to politicians, entertainers, activists and world leaders about their inspiration, their hopes and their dreams at a time of enormous international upheaval.

The first half-hour podcast will feature global women's and children's campaigner Graca Machel, economist and former US Treasury Secretary Larry Summers and Nobel Peace prize winner Kailash Satyarthi.

Future interviewees include entertainer James Corden and Late Late Show Executive Producer Ben Winston, lifestyle blogger Katherine Schwarzenegger, comedians Sarah Millican and Stuart Goldsmith, Head of the White Helmets in Syria, Raed Al Saleh and former Prime Minister of Australia, Julia Gillard.

Sarah - President of children's charity Theirworld - says: "Throughout my life I have always been intrigued by what makes people take a stand or do something different.

"Now I hope to share some of those experiences. I would love others to learn from these inspirational people and their better angels and begin to figure out new ways for everyone to have the chance to have enough to eat and to be safe, to access the means to learn and to work but most of all to have hope, opportunity and a brighter future.

“We all have a ‘better angel’. Some get to show theirs on a global stage, others in their local community. They all matter. We can all make a difference.”

The origin of the phrase ‘better angels’ is unknown but was used most famously by Abraham Lincoln during a speech in 1861.

More recently, *The Better Angels Of Our Nature* was a highly-acclaimed 2011 book by Canadian author and psychologist Steven Pinker which concludes that - despite the world facing so much conflict and chaos - human nature HAS radically changed for the better across the centuries.

These are details of the first three podcasts.

Episode 1 - Better Angels and Inspiration

Hear about the special people who've inspired others to do good. Featuring Nobel Prize winners Kailash Satyarthi, world-renowned economist Larry Summers and the former First Lady of South Africa and widow of Nelson Mandela, Graca Machel.

Short extract from a Wangari Mathaai speech, courtesy of Botanic Gardens Conservation International

Episode 2 - Finding your voice (part one)

This episode is for anyone who feels they have something important to say, but are nervous about saying it. How do you get heard and how do you find your platform? Featuring comedian David Baddiel, former British Ambassador to Lebanon Tom Fletcher and two sisters running top Turkish businesses, Hanzade Doğan Boyner and Vuslat Doğan Sabanci.

Episode 3 - How do activists begin?

What actually makes us act? How do we move from identifying a problem to trying to fix it? And what are the best ways to take action? This episode looks at the nuts and bolts of how to start campaigning and making a positive difference. If a 13-year-old can do it, so can you!

During each episode, Sarah will also speak to a global youth ambassador to provide their unique perspective as young campaigners on each of the topics.

Sarah says: ‘If we are to find our better angels in ourselves, we need to search, to listen, to absorb and to take up our own actions and collaborations. What better way to start than by learning from others?’

Podcast Better Angels with Sarah Brown is available at [theirworld.org/
betterangels](https://theirworld.org/betterangels)