



Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed Lori Gottlieb, MA

Psychotherapist and bestselling author of *Marry Him* and the forthcoming *Maybe You Should Talk to Someone*.
“Dear Therapist” columnist for *The Atlantic*.

Interviewer: Alexandra Solomon, Ph.D.

Clinical Assistant Professor, Department of Psychology, Northwestern University.

Licensed clinical psychologist, The Family Institute at Northwestern University.

Author, *Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want*.

Tuesday, April 9, 2019, 7:00 PM

New Trier High School, Northfield Campus, Cornog Auditorium

7 Happ Rd., Northfield, IL 60093

Presented by **Family Action Network (FAN)**,

in partnership with Chicago Academic, Family Service Center, Family Service of Glencoe, Fusion Academy, Haven Youth and Family Services, The Family Institute at Northwestern University, and The House.

This event is **free and open to the public** and will be taped. Suitable for youth 12+. **INFO: familyactionnetwork.net**

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FOR IMMEDIATE RELEASE: LORI GOTTLIEB, MA

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Tuesday, April 9, 2019, 7:00 PM, Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. **Interviewer:** Alexandra Solomon, Ph.D.

Every year, nearly 30 million Americans sit on a therapist’s couch—and some of these patients are therapists. In her warm, wise, and boldly revealing new book, *Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed*, psychotherapist, national advice columnist, and bestselling author **Lori Gottlieb, MA** tells us that her most significant credential is not her license or rigorous training, but that she knows what it's like to be a person. With disarming candor, she welcomes us into her world, just as crisis has catapulted her into the office of a quirky but more seasoned psychologist. Ms. Gottlieb takes us on a journey from her therapist’s consultation room—where she struggles to uncover her blind spots—to her own, where her patients include a narcissistic Hollywood producer; a young newlywed diagnosed with a terminal illness; a senior citizen threatening to end her life in a year if nothing changes; and a 20-something who can’t stop hooking up with the wrong guys, including one from the waiting room. Along the way, Ms. Gottlieb examines the truths and fictions we tell ourselves and others as we find our path between desire and need, emptiness and meaning, guilt and redemption, loneliness and love.

Ms. Gottlieb is a psychotherapist and the *New York Times* bestselling author of *Marry Him* and *Stick Figure*. A sought-after expert, she has appeared on *The Today Show*, *Good Morning America*, *The CBS Early Show*, MSNBC, and CNN, and writes *The Atlantic’s* advice column, “Dear Therapist.”

Ms. Gottlieb will be interviewed by **Alexandra Solomon, Ph.D.**, clinical assistant professor in the Department of Psychology at Northwestern University and a licensed clinical psychologist at The Family Institute at Northwestern University. In addition to writing articles and chapters for leading academic journals and books in the field of marriage and family, she is the author of the book *Loving Bravely: Twenty Lessons of Self-Discovery to Help You Get the Love You Want*. Dr. Solomon is frequently asked to talk about love, sex, and marriage with media outlets like *The Today Show*, *O Magazine*, *The Atlantic*, *Vogue*, and *Scientific American*.

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