



Mindfulness and the Power of Possibility - 2 Events! Ellen J. Langer, Ph.D.

Professor of Psychology, Harvard University
 Founder, Langer Mindfulness Institute
 Author, *Mindfulness; The Power of Mindful Learning; and Counterclockwise*

Wednesday, September 28, 2016

EVENT #1: 12:30 PM, Loyola University Chicago School of Law
 Corboy Center, 10th Floor, Ceremonial Courtroom
 25 E. Pearson St., Chicago
RSVP: www.bit.ly/LangerFAN

EVENT #2: 7:00 PM, New Trier High School, Winnetka Campus
 Gaffney Auditorium
 385 Winnetka Ave., Winnetka -- no RSVP required

Presented by **Family Action Network (FAN)**,
 with Family Service Center, Family Service of Glencoe, Glencoe D35, Glencoe PTO, Josselyn Center,
 Loyola University Chicago School of Law's Dispute Resolution Program and Education Law and Policy Institute,
 the Mindfulness and Behavior Therapies program at The Family Institute at Northwestern University,
 Oto Float, and Samaritan Counseling Center.

Free and open to the public. PDs available for educators. Suitable for ages 12+.
Info: familyactionnetwork.net

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FOR IMMEDIATE RELEASE: ELLEN J. LANGER, PH.D. – TWO EVENTS

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

Wednesday, September 28, 2016, **Mindfulness and the Power of Possibility, 12:30 PM**, Loyola University Chicago School of Law's Corboy Center, Ceremonial Courtroom, 10th Floor, 25 E. Pearson St., Chicago, 60611; and **7:00 PM**, New Trier High School, Winnetka Campus, Gaffney Auditorium, 385 Winnetka Ave., Winnetka, 60093 (RSVP requested for 12:30 Loyola event only – www.bit.ly/LangerFAN). Family Action Network (FAN) is proud to present **Ellen J. Langer, Ph.D.**, the renowned **Professor of Psychology at Harvard University**, the “mother of mindfulness” who has written extensively on the illusion of control, mindful aging, stress, decision-making, and health. An award-winning social psychologist and the first female professor to gain tenure in the Psychology Department at Harvard, Prof. Langer is the author of eleven books and more than two hundred research articles written for general and academic readers on mindfulness for over 35 years. Her best-selling books include *Mindfulness* (with a new 25th anniversary edition); *The Power of Mindful Learning*; *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*; and her most recent book, *Counterclockwise: Mindful Health and the Power of Possibility*, which documented her groundbreaking work examining the ways in which the aging process is strongly affected by how we “mindlessly” respond to social and cultural cues about aging. Her recently published book, the *Wiley Mindfulness Handbook*, is an anthology on mindfulness in which leading researchers integrate work derived from her western scientific theoretical base of mindfulness with research on eastern derived forms of meditation.

Among other honors, Prof. Langer is the recipient of a **Guggenheim Fellowship** and four **Distinguished Scientist Awards**, the **World Congress Award**, the **NYU Alumni Achievement Award**, and the **Liberty Science Genius Award**. The citation for the APA distinguished contributions award reads, in part, “... her pioneering work revealed the profound effects of increasing mindful behavior ... and offers new hope to millions whose problems were previously seen as unalterable and inevitable. Ellen Langer has demonstrated repeatedly how our limits are of our own making.”

Sponsored by *Family Action Network (FAN)*, in partnership with *Family Service Center, Family Service of Glencoe, Glencoe D35, Glencoe PTO, Josselyn Center, Loyola University Chicago School of Law's Dispute Resolution Program and Education Law and Policy Institute, the Mindfulness and Behavior Therapies program at The Family Institute at Northwestern University, Oto Float, and Samaritan Counseling Center. PDs available for educators. FAN is grateful for the support of its 2016-17 annual sponsors Compass Health Center, Evanston Township High School D202, New Trier High School D203, the Martin & Mary L. Boyer Foundation, the Mammel Foundation, and Tina & Byron Trott; our strategic partners Acclaim Media, Center for Talent Development at Northwestern University, Curt's Café, Erikson Institute, Evanston/Skokie D65, Hackstudio, Loyola University Chicago School of Law, the Master of Science in Education Program at the School of Education and Social Policy at Northwestern University, the McGaw YMCA, National Alliance on Mental Illness – Cook County North Suburban, New Trier Parents' Association, North Shore Community Bank, Northern Suburban Special Education District (NSSD), Northwestern University, ReDefined Fitness, The Book Stall at Chestnut Court, The Family Institute at Northwestern University, Victories, and Youth & Opportunity United (Y.O.U.); and our in-kind sponsors Deloitte, Kirkland & Ellis LLP, and Turing Group.*

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