



## **Wiser: The Scientific Roots of Wisdom, Compassion, and What Makes Us Good**

### **Dilip Jeste, M.D.**

Distinguished Professor of Psychiatry and Neurosciences, UC San Diego, and Senior Associate Dean for Healthy Aging and Senior Care.  
Director, UCSD's Center for Healthy Aging, and Co-Director, IBM-UCSD Artificial Intelligence Center for Healthy Living.

### **Interviewer: Howard Nusbaum Ph.D.**

Stella M. Rowley Professor of Psychology and Director and Founder, Center for Practical Wisdom, The University of Chicago.  
Member, Committee on Computational Neuroscience and the Grossman Institute for Neuroscience, Quantitative Biology, and Human Behavior.

**Thursday, November 19, 2020, 7:00 PM Central**

**[www.bit.ly/JesteFANWebinar](http://www.bit.ly/JesteFANWebinar)**

### **PLUS: After-Hours Event!**

Purchase a copy of Dr. Jeste's book *Wiser* from FAN's partner bookseller The Book Stall to receive a link to a lively "After-Hours" event hosted by Dr. Jeste. Details on the webinar registration page.

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

in partnership with Beacon Academy, Catherine Cook School, Chiaravalle Montessori School, Compass Health Center, Connections for the Homeless, Countryside Day School, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Fusion Academy, Glencoe D35, Lake Bluff D65, Lake Forest Country Day School, Loyola Academy, North Shore Country Day School, Pope John XXIII School, Rogers Park Montessori School, Roycemore School, the School of Education and Social Policy at Northwestern University, Stevenson High School D125, The Alliance for Early Childhood, St. Athanasius School PTO, The Family Institute at Northwestern University, and Wolcott College Prep.

This event is **#freeandopentothe public** and will be recorded. Suitable for youth 12+ **[familyactionnetwork.net](http://familyactionnetwork.net)**  
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**FOR IMMEDIATE RELEASE: DILIP JESTE, MD**  
**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**Thursday, November 19, 2020, 7:00-8:00 PM, Wiser: The Scientific Roots of Wisdom, Compassion, and What Makes Us Good, a FAN Webinar feat. Dilip Jeste, MD. Interviewer: Howard Nusbaum, Ph.D. REGISTER: [www.bit.ly/JesteFANWebinar](http://www.bit.ly/JesteFANWebinar). **BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *Wiser* from FAN's partner bookseller *The Book Stall* are invited to attend an **AFTER-HOURS** event hosted by Dr. Jeste that will start immediately after the webinar. Details can be found on the webinar registration page.**

What exactly does it mean to be wise? And is it possible to grow and even accelerate its unfolding? For over two decades, geriatric psychiatrist **Dilip Jeste, M.D.** has led the search for the biological and cognitive roots of wisdom. What's emerged from his work is that wisdom is a very real and deeply multi-layered set of traits. Across many cultures and centuries, he's found that wise people are compassionate and empathetic, aware of their gifts and blind spots, open-minded, resolute and calm amid uncertainty, altruistic decision-makers who learn from their experiences, able to see from many perspectives and altitudes, and often blessed with a sense of adventure and humor.

In his new book *Wiser: The Scientific Roots of Wisdom, Compassion, and What Makes Us Good*, Dr. Jeste, a pioneer in the field of neurobiology and psychology of wisdom, reflects on the modern rise in suicides, opioid abuse, loneliness, and internet addiction that is damaging people's health and destroying the social fabric. But he notes we can nurture and grow every facet of wisdom to face these challenges and others more effectively.

Dr. Jeste is the Senior Associate Dean for Healthy Aging and Senior Care, Estelle and Edgar Levi Memorial Chair in Aging, Director of the Sam and Rose Stein Institute for Research on Aging, Distinguished Professor of Psychiatry and Neurosciences at UC San Diego, and Co-Director of the UCSD-IBM Center on Artificial Intelligence for Healthy Living.

Dr. Jeste will be interviewed by **Howard Nusbaum, Ph.D.**, the founding director of the **Center for Practical Wisdom**, and **Stella M. Rowley Professor of Psychology, The University of Chicago**. He has published over 100 peer reviewed journal articles on perception and perceptual learning, sleep consolidation, absolute pitch, neural mechanisms of speech perception, environmental neuroscience, neuroeconomics, hallucination, and wisdom.

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