



Why We Can't Sleep: Women's New Midlife Crisis Ada Calhoun

Journalist and author of the *New York Times* bestseller *Why We Can't Sleep* and the memoir *Wedding Toasts I'll Never Give*.

Interviewer: Deborah Siegel-Acevedo, Ph.D.

Adjunct faculty member, College of Communication, DePaul University; visiting scholar in Gender and Sexuality Studies, Northwestern University.
Author, *Sisterhood, Interrupted* and co-editor, *Only Child*.

Monday, February 1, 2021, 7:00 PM Central
www.bit.ly/CalhounFANWebinar

PLUS: After-Hours Event!

Purchase a paperback copy of *Why We Can't Sleep* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Ms. Calhoun and Prof. Siegel-Acevedo. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**,
in partnership with Compass Health Center, Fusion Academy, Lake Bluff D65, Loyola Academy, Latin School of Chicago, Near North Montessori School, New Trier High School D203, North Shore Country Day School, Regina Dominican High School, Roycemore School, Stevenson High School D125, Wolcott College Prep, and Woodlands Academy.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net
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FOR IMMEDIATE RELEASE: ADA CALHOUN

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Monday, February 1, 2021, 7:00-8:00 PM, Why We Can't Sleep: Women's New Midlife Crisis, a FAN webinar feat. Ada Calhoun. Interviewer: Deborah Siegel-Acevedo, Ph.D. **REGISTER:** www.bit.ly/CalhounFANWebinar. **BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *Why We Can't Sleep* from FAN's partner bookseller *The Book Stall* are invited to attend an **AFTER-HOURS** event hosted by Ms. Calhoun and Prof. Siegel-Acevedo that will start immediately after the webinar. Details can be found on the webinar registration page.

Ada Calhoun's instant *New York Times* bestseller *Why We Can't Sleep: Women's New Midlife Crisis* was one of the most anticipated books of the year for *Vogue*, the *New York Times*, *Parade*, *O Magazine*, *Real Simple*, and *Book Riot*, and is now out in paperback. A timely exploration of the new midlife crisis facing Gen X women, *Why We Can't Sleep* resonated with women across America and ignited conversations among friends, family, and coworkers that confirmed that it wasn't just them: many middle-class women across America were feeling overwhelmed, under-appreciated, and at odds with what they'd been told all their lives—that they could “have it all.”

Ms. Calhoun spoke with women across America and looked into housing costs, HR trends, credit card debt averages, and divorce data. At every turn, she saw a pattern: sandwiched between the Boomers and the Millennials, Gen X women were facing new problems as they entered middle age, problems that were being largely overlooked. Instead of being heard, they were told instead to lean in, take “me-time,” or make a chore chart to get their lives and homes in order. In *Why We Can't Sleep*, Ms. Calhoun opens up the cultural and political contexts of Gen X's predicament and offers solutions for how to pull oneself out of the abyss—and keep the next generation of women from falling in.

Ms. Calhoun is the author of the memoir *Wedding Toasts I'll Never Give* and the history *St. Marks Is Dead*. She has collaborated on several *New York Times* bestsellers, and written for the *New York Times*, *New York*, and *The New Republic*. She will be interviewed by **Deborah Siegel-Acevedo, Ph.D.**, adjunct faculty member in the College of Communication at DePaul University and a visiting scholar in Gender and Sexuality Studies at Northwestern University. Prof. Siegel-Acevedo is the author *Sisterhood, Interrupted: From Radical Women to Grrls Gone Wild*, co-editor of *Only Child*, a TEDx speaker, and founder of the new online course collective, Bold Voice Collaborative.

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