



"Accessible and enlightening... Denworth has crafted a worthy call to action."
—Washington Post

The Evolution, Biology, and Extraordinary
Power of Life's Fundamental Bond



FRIENDSHIP



Lydia Denworth

Including a Q&A with the author

Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond Lydia Denworth

Award-winning science journalist, author of *Friendship*, and co-author of *Parent Nation*.

TWO IN-PERSON EVENTS!

EVENT #1: Tuesday, December 6, 2022, 7:00 PM

Lake Forest Country Day School, Performing Arts Center, 145 S. Green Bay Rd., Lake Forest, IL 60045

EVENT #2: Wednesday, December 7, 2022, 7:00 PM

Regina Dominican High School, O'Shaughnessy Theater, 701 Locust Rd., Wilmette, IL 60091

No registration or proof of vaccination is required at either event. Masks are recommended but not required.

Presented by **Family Action Network (FAN)**, in partnership with

Barrington D220, Beacon Academy, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Glencoe D35, Gorton Community Center, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Mindful Psychology Associates, New Trier High School D203, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Cove School, The Family Institute at Northwestern University, The Frances Xavier Warde School, Winnetka-Northfield Public Library District, 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: LYDIA DENWORTH – TWO IN-PERSON EVENTS

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

EVENT #1: Tuesday, December 6, 2022, 7:00 PM, Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond, Lake Forest Country Day School, Performing Arts Center, 145 S. Green Bay Rd., Lake Forest, IL 60045. **NOTE:** No registration or proof of vaccination is required. Masks are recommended but not required. Parking available in lots on Green Bay Rd. and Onwentsia Rd.

EVENT #2: Wednesday, December 7, 2022, 7:00 PM, Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond, Regina Dominican High School, O'Shaughnessy Theater, 701 Locust Rd., Wilmette, IL 60091. **NOTE:** No registration or proof of vaccination is required. Masks are recommended but not required. Parking available in lots at RDHS and Wilmette Junior High School.

The phenomenon of friendship is universal and elemental. Friends, after all, are the family we choose. But what makes these bonds not just pleasant but essential, and how do they affect our bodies and our minds? Award-winning science journalist **Lydia Denworth's *Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond*** is a revelatory investigation of friendship, with profound implications for our understanding of what humans and animals alike need to thrive across a lifetime. **Adam Grant, Ph.D.** (FAN '14, '16) named *Friendship* one of the best leadership books of 2020.

Denworth takes us in search of friendship's biological, psychological, and evolutionary foundations. She finds friendship to be as old as early life on the African savannas—when tribes of people grew large enough for individuals to seek fulfillment of their social needs outside their immediate families. She meets scientists at the frontiers of brain and genetics research and discovers that friendship is reflected in our brain waves, our genomes, and our cardiovascular and immune systems; its opposite, loneliness, can kill. Denworth shows how our bodies and minds are designed for friendship across life stages, the processes by which healthy social bonds are developed and maintained, and how friendship is changing in the age of social media.

Denworth is also co-author, with **Dana Suskind, MD (FAN '15, '22)**, of the *New York Times* bestseller *Parent Nation*, and has written two other books of popular science: *I Can Hear You Whisper* and *Toxic Truth*. Her work has also appeared in *The Atlantic*, *New York Times*, *Wall Street Journal*, *Newsweek*, *Time*, and many other publications.

This event suitable for youth 12+. The LFCDS event will be recorded and the video will be available on our website and YouTube channel.

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