



The Good Life: Lessons from the World's Longest Scientific Study of Happiness

Robert Waldinger, MD

Professor of psychiatry at Harvard Medical School, director of the Harvard Study of Adult Development at Massachusetts General Hospital, and cofounder of the Lifespan Research Foundation. Co-author, with Marc Schultz, Ph.D., of *The Good Life*.

Arthur Brooks, Ph.D.

Host of the *Atlantic* podcast "How to Build a Happy Life" and column "How to Build a Life." Bestselling author of *From Strength to Strength*. Bloomberg Professor of the Practice of Public Leadership at the Harvard Kennedy School and Professor of Management Practice at Harvard Business School.

Tuesday, January 24, 2023, 7:00 PM CT (on Zoom)

Register: www.bit.ly/WaldingerFANWebinar

AND: A book giveaway, sponsored by FAN!

Details on Zoom registration page.

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

Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Township High School D202, Family Service Center, Francis W. Parker School, Glencoe D35, Gorton 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, Leo Catholic High School, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Rebel Human, Regina Dominican High School Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, 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, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial, and Wolcott College Prep.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net

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FOR IMMEDIATE RELEASE: ROBERT WALDINGER, MD – ON ZOOM

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Tuesday, January 24, 2023, 7:00-8:00 PM, The Good Life: Lessons from the World's Longest Scientific Study of Happiness, a FAN webinar featuring Robert Waldinger, MD, in conversation with Arthur Brooks, Ph.D.

***BONUS BOOK GIVEAWAY!* FAN is giving away copies of The Good Life to guests randomly selected from the Zoom attendance report. All details on the webinar registration page.**

REGISTER: www.bit.ly/WaldingerFANWebinar.

What makes for a happy life, a fulfilling life? A *good* life? According to **Robert Waldinger, MD**, and Marc Schultz, Ph.D., the directors of the Harvard Study of Adult Development, the longest longitudinal biopsychosocial study of human development ever conducted, the answer is simple: relationships. The stronger our relationships, the more likely we are to live happy, satisfying, and overall healthier lives. In fact, the Study, which began in 1938, and is still going strong, reveals that the strength of our connections with others can predict the health of both our bodies and our brains as we go through life.

Waldinger and Schultz's new book, ***The Good Life: Lessons from the World's Longest Scientific Study of Happiness***, offers invaluable insights. The study has tracked the same individuals and their families, asking thousands of questions and taking hundreds of measurements—from brain scans to blood work—with the goal of discovering what really makes for a good life. Through all the years of studying these lives, strong relationships in all their forms stand out for their impact on physical health, mental health, and longevity.

In 2015, FAN hosted George Vaillant, MD, who directed the Study from 1970-2005. Among the many fascinating findings he presented: Men who had warm relationships with their mothers earn more than men whose mothers were uncaring, and are less likely to develop dementia. Those who were close with their fathers have lower rates of adult anxiety and increased life satisfaction after age 75.

Waldinger is Clinical Professor of Psychiatry at Harvard Medical School, director of the Center for Psychodynamic Therapy and Research at Massachusetts General Hospital, and cofounder of the Lifespan Research Foundation. His 2016 TEDxBeaconStreet Talk, "What Makes a Good Life," has more than 42 million views, placing it in the top-ten of all TED talks.

Waldinger will be in conversation with **Arthur Brooks, Ph.D. (FAN '22)**, host of the popular *Atlantic* podcast *How to Build a Happy Life* and column "How to Build a Life." Prof. Brooks is the bestselling author of, most recently, *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life*. He is the Bloomberg Professor of the Practice of Public Leadership at the Harvard Kennedy School and Professor of Management Practice at Harvard Business School.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

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