



## Life in Five Senses: How Exploring the Senses Got Me Out of My Head and Into the World Gretchen Rubin

Five-time *New York Times* bestselling author and host of the *Happier with Gretchen Rubin* podcast.

## Olga Khazan

Staff writer for *The Atlantic* and author of the 2020 book *Weird: The Power of Being an Outsider in an Insider World*.

**Tuesday, May 2, 2023, 7:00 PM (on Zoom)**

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

**AND: A book giveaway, sponsored by FAN!**

**Details on Zoom registration page.**

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

Baker Demonstration School, Bernard Zell Anshe Emet Day School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Township High School D202, Family Service Center, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Leo Catholic High School, Mindful Psychology Associates, Morgan Park Academy, North Shore Country Day, Northwestern University School of Education and Social Policy, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Roycemore School, Science & Arts Academy, Stevenson High School D125, 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, Winnetka-Northfield Public Library District, Wolcott College Prep, and Woodlands Academy.

This event is #freeandopentothe public and will be recorded. Suitable for youth 12+.  
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FOR IMMEDIATE RELEASE: GRETCHEN RUBIN – ON ZOOM

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Tuesday, May 2, 2023, 7:00 PM, Life in Five Senses: How Exploring the Senses Got Me Out of My Head and Into the World, a FAN webinar featuring Gretchen Rubin, in conversation with Olga Khazan.

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

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

For more than a decade, Gretchen Rubin had been studying happiness and human nature. She has written about these topics in her five *New York Times* bestsellers and talks about them on her wildly popular award-winning podcast with sister Elizabeth Craft, *Happier with Gretchen Rubin*. However, a visit to her eye doctor made her realize that she'd been overlooking a key element of happiness: her five senses. This epiphany lifted her from a state of foggy preoccupation into a world rediscovered by seeing, hearing, smelling, tasting, and touching.

In her latest book, *Life in Five Senses: How Exploring the Senses Got Me Out of My Head and Into the World*, a revelatory journey of self-experimentation, Rubin explores the mysteries and joys of the five senses as a path to a happier, more mindful life. Drawing on cutting-edge science, philosophy, literature, and her own efforts to practice what she learns, she investigates the profound power of tuning in to the physical world. From the simple pleasures of appreciating the magic of ketchup and adding favorite songs to a playlist, to more adventurous efforts like creating a daily ritual of visiting the Met and trying ayahuasca, Rubin shows us how to experience each day with depth, delight, and connection. The book is an absorbing, layered story of discovery filled with thoughtful insights and hands-on suggestions about how to heighten our senses and use our powers of perception to live fuller, richer lives—and, ultimately, how to move through the world with more vitality and love.

Rubin will be in conversation with **Olga Khazan**, a staff writer for *The Atlantic* who is working on a book about personality change. Her first book, *Weird: The Power of Being an Outsider in an Insider World*, came out in 2020. She has also written for the *New York Times*, the *Los Angeles Times*, the *Washington Post*, *Forbes*, and other publications. Khazan is a two-time recipient of the International Reporting Project's Journalism Fellowship and winner of the 2017 National Headliner Awards for Magazine Online Writing.

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

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