



Love Every Day: 365 Relational Self-Awareness Practices to Help Your Relationship Heal, Grow, and Thrive

Alexandra H. Solomon, Ph.D.

On faculty at the School of Education and Social Policy at Northwestern University and licensed clinical psychologist at The Family Institute at Northwestern University. Author, *Taking Sexy Back* and *Loving Bravely*. Host of the *Reimagining Love* podcast.

Esther Perel

Psychotherapist, podcast host, and *New York Times* bestselling author of *Mating in Captivity*.

Monday, November 27, 2023, 7:00 PM (on Zoom)

Register: www.bit.ly/Love365FANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Love Every Day* from FAN's partner The Book Stall to receive a link to an interactive "After-Hours" event hosted by Solomon, and receive a bonus second copy, courtesy of FAN. Details on the Zoom registration form.

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

The Alliance for Early Childhood, The Avery Coonley School, Bernard Zell Anshe Emet School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Gorton Center, Grayslake Community High School D127, 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, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, and Winnetka-Northfield Public Library District.

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

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FOR IMMEDIATE RELEASE: ALEXANDRA H. SOLOMON, Ph.D. – ON ZOOM

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

Monday, November 27, 2023, 7:00 PM, Love Every Day: 365 Relational Self-Awareness Practices to Help Your Relationship Heal, Grow, and Thrive, a FAN webinar featuring Alexandra H. Solomon, Ph.D., in conversation with Esther Perel.

REGISTER: www.bit.ly/Love365FANWebinar.

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Love Every Day* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Dr. Solomon that will start immediately after the webinar. AND: FAN will gift a second copy of the book to After-Hours guests. Details on the webinar registration page.

In *Love Every Day: 365 Relational Self-Awareness Practices to Help Your Relationship Heal, Grow, and Thrive*, relationship expert and best-selling author **Alexandra H. Solomon, Ph.D.** (FAN '20) offers 365 daily practices to cultivate a curious and compassionate approach to your relationships with others, as well as your relationship with yourself. Inspired by her popular Instagram feed and grounded in her life-changing approach to relationships—Relational Self-Awareness—each practice in *Love Every Day* will help you understand the impact of your past (and your partner's past), get your needs met, enhance intimacy, improve communication, and address relationship problems.

Dr. Solomon is a licensed clinical psychologist at The Family Institute at Northwestern University, and she is on faculty in the School of Education and Social Policy at Northwestern University, where she teaches the internationally renowned course “Building Loving and Lasting Relationships: Marriage 101.” She is the author of two best-selling books, *Loving Bravely* and *Taking Sexy Back*. Dr. Solomon is frequently asked to talk about relationships with media outlets like *The Today Show*, *O Magazine*, NPR, *The Atlantic*, *Vogue*, and *Scientific American*. She is the host of the weekly podcast *Reimagining Love*.

Dr. Solomon will be in conversation with psychotherapist and *New York Times* bestselling author **Esther Perel**, recognized as one of today's most insightful and original voices on modern relationships. Her celebrated TED talks have garnered more than 40 million views and her international bestseller *Mating in Captivity: Unlocking Erotic Intelligence* has been translated into more than 30 languages. Perel's newest book is the *New York Times* bestseller *The State of Affairs: Rethinking Infidelity*. She is also the host of the hit podcast *Where Should We Begin?*

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

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