



Everyday Dharma: 8 Essential Practices for Finding Success and Joy in Everything You Do

Suneel Gupta

Founding CEO of RISE and a visiting scholar at Harvard Medical School.

Debbie Millman

Host of the Webby Award-winning podcast *Design Matters*, co-owner and editorial director of PrintMag.com, and author of seven books.

Monday, February 12, 2024, 7:00 PM (on Zoom)

Register: www.bit.ly/GuptaFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Everyday Dharma* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Gupta and Millman. Details on the Zoom registration form.

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

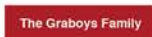
The Avery Coonley School, Baker Demonstration School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, The Cove School, Evanston Township High School D202, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, 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, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, 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, The Sonia Shankman Orthogenic School, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United.

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

Sponsors



Partners



Supporters

The Anderson Family
Gorton Community Center
Stephanie & Roger Hochschild
Mammel Foundation
Maureen & Collin Kebo
The McCall Family
New Trier Parents' Association
Northwestern University/SESP

Rebel Human
Santa Clara University College of Law
Lonnie Stonitsch & Eric Dynowski
The Alliance for Early Childhood
University of Chicago Crown Family School of Social Work, Policy, and Practice
Youth & Opportunity United (Y.O.U.)

Community Allies

Connections for the Homeless
Evanston Scholars
Family Service Center
Foundation 65
Haven Youth and Family Services
Karen & Steven Malkin

Lake Michigan Association of Independent Schools (LMAIS)
Mindful Psychology Associates
New Trier Multifaith Alliance
Northwestern University Office of Neighborhood & Community Relations

Cari & Michael Sacks
Julene & John Stellato
Wilmette Public Library
Winnetka-Northfield Public Library District
Wintrust Financial

In-Kind

Acclaim Media
Deft
Kirkland & Ellis
Psychgeist Media
The Book Stall



FOR IMMEDIATE RELEASE: SUNEEL GUPTA – ON ZOOM

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

Monday, February 12, 2024, 7:00 PM, Everyday Dharma: 8 Essential Practices for Finding Success and Joy in Everything You Do, a FAN webinar featuring Suneel Gupta, in conversation with Debbie Millman.

REGISTER: www.bit.ly/GuptaFANWebinar

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Everyday Dharma* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Gupta and Millman that will start immediately after the webinar. Details on the webinar registration page.

We've been conditioned, from an early age, to believe that one day we'll reach a moment of "arrival." But no matter how much we achieve or acquire we still don't feel as satisfied or as fulfilled as we thought we would be. Exhausted, we become burned out and cynical, questioning the purpose of it all.

An expert on happiness and work, **Suneel Gupta** argues that for too long society has been fixated on the Future of Work and ignored the Future of Worth. We've compartmentalized work and well-being and ignored the fact that both are essential for sustained success. We've assumed that outer success leads to inner well-being—despite history showing us that this has never been the case. In his new book ***Everyday Dharma: 8 Essential Practices for Finding Success and Joy in Everything You Do***, Gupta helps us break this negative cycle. A captivating storyteller, he weaves personal stories, history, science, Eastern philosophy, and Western modalities in this engaging, enlightening, and prescriptive book.

As the founding CEO of RISE and a visiting scholar at Harvard Medical School, Gupta travels the world, deconstructing how extraordinary performers overcome their most difficult moments. His work has been featured by outlets including *Vanity Fair*, *Fast Company*, and the *New York Times*. He will be in conversation with **Debbie Millman**, host of the Webby Award-winning podcast *Design Matters*, one of the first and longest running podcasts in the world; chair of the first-ever Masters in Branding Program at the School of Visual Arts in New York City; co-owner and editorial director of PrintMag.com; and the author of seven books on design and branding.

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

Sponsored by **Family Action Network (FAN)**, in partnership with **The Avery Coonley School, Baker Demonstration School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, The Cove School, Evanston Township High School D202, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, 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, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, 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, The Sonia Shankman Orthogenic School, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United.**