



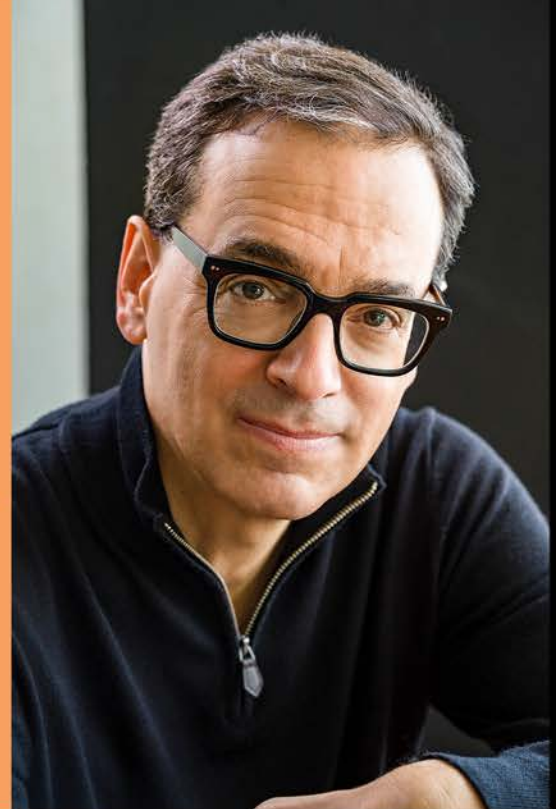
# Meditations for Mortals

Four Weeks to Embrace Your Limitations and Make Time for What Counts



## Oliver Burkeman

Author of *Four Thousand Weeks*



## Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts Oliver Burkeman

*New York Times* bestselling author of *Four Thousand Weeks: Time Management for Mortals*,

### Daniel Pink

#1 *New York Times* bestselling author of *The Power of Regret*, *When*, *To Sell is Human*, *Drive*, and *A Whole New Mind*.

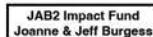
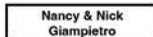
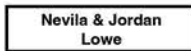
**Monday, October 7, 2024, 7:00 PM**

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

**BONUS BOOK GIVEAWAY, with signed bookplates, sponsored by FAN!**  
Details on Zoom registration page.

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

Presented by **FAN** and 48 of our member schools and organizations.  
[familyactionnetwork.net](http://familyactionnetwork.net)



#### SUPPORTERS

The Anderson Family + Gorton Community Center + Stephanie & Roger Hochschild + Mammel Foundation + Maureen & Collin Kebo  
The McCall Family + Northwestern University/SESP + Santa Clara University College of Law + Diana Terlato + The Alliance for Early Childhood



**FOR IMMEDIATE RELEASE: OLIVER BURKEMAN – ON ZOOM**

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

**Monday, October 7, 2024, 7:00 PM, Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts, a FAN webinar featuring Oliver Burkeman in conversation with Daniel Pink (FAN '18, '22). REGISTER: [www.bit.ly/BurkemanFANWebinar](http://www.bit.ly/BurkemanFANWebinar)**

**BONUS BOOK GIVEAWAY!** FAN is giving away hundreds of copies of *Meditations for Mortals* to randomly selected Zoom attendees. Details on the webinar registration page.

*“I follow Oliver Burkeman's personal, literary, and journalistic adventures into wisdom with admiration and exhilaration. Now he brings us a ‘retreat of the mind’ in a very special book. We should all read this, preferably in the company of others—for the sake of our aching world as well as the state of our souls.”* – Krista Tippett (FAN '16)

Addressing the fundamental questions about how to live, ***Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts*** offers a powerful new way to act on what counts: a guiding philosophy of life **Oliver Burkeman** calls “imperfectionism.” It helps us tackle challenges as they crop up in our daily lives: our finite time, the lure of distraction, the impossibility of doing anything perfectly.

How can we embrace our nonnegotiable limitations? Or make good decisions when there’s always too much to do? How do we shed the illusion that life will really begin as soon as we can “get on top of everything”? Reflecting on quotations drawn from philosophy, religion, literature, psychology, and self-help, Burkeman, the *New York Times* bestselling author of *Four Thousand Weeks: Time Management for Mortals*, explores a combination of practical tools and daily shifts in perspective. The result is a life-enhancing and surprising challenge to much familiar advice—and a profound yet entertaining crash course in living more fully.

To be read either as a four-week “retreat of the mind” or devoured in one or two sittings, *Meditations for Mortals* will be a source of solace and inspiration, and an aid to a saner, freer, and more enchantment-filled life. In anxiety-inducing times, it is rich in truths we have never needed more.

Burkeman will be in conversation with **Daniel Pink** (FAN '18, '22), the #1 *New York Times* bestselling author of several provocative, bestselling books about business, work, creativity, and behavior, including *The Power of Regret*; *When*; *To Sell Is Human*; *Drive*; and *A Whole New Mind*.

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

Sponsored by **FAN**, in partnership with The Avery Coonley School, Baker Demonstration School, Beacon Academy, Bernard Zell Anshe Emet Day School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Country Day School, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, St. Bernard's School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.