



"[A] hugely readable, deeply researched, and often hilarious investigation."
—Oliver Burkeman, *New York Times* bestselling author of *Four Thousand Weeks*

Me, But Better



The Science
and Promise of
Personality
Change

Olga Khazan



Me, But Better: The Science and Promise of Personality Change Olga Khazan

Award-winning staff writer for *The Atlantic* and author of *Me, But Better* and *Weird*.

Maria Konnikova

New York Times bestselling author, co-host of the *Risky Business* podcast, and international poker champion.

Monday, March 17, 2025, 7:00 PM CT

Register: www.bit.ly/KhazanFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Me, But Better* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Khazan. Details on the Zoom registration form.

This event is #freeandopentothe public and will be recorded.

Suitable for youth 12+

Presented by FAN and 51 of our member schools and organizations.

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FOR IMMEDIATE RELEASE: OLGA KHAZAN - ON ZOOM

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Monday, March 17, 2025, 7:00 PM CT, Me, But Better: The Science and Promise of Personality Change, a FAN webinar featuring Olga Khazan in conversation with Maria Konnikova.

REGISTER: www.bit.ly/KhazanFANWebinar

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

In recent years, **Olga Khazan** had been spiraling toward an existential crisis. Though she treasured her loving relationship and her dream job, her neurotic personality often left her snatching dissatisfaction from the jaws of happiness. While her overachieving had always been a professional asset, Khazan lately felt like her brittle disposition could shatter under the weight of just *one more thing*—but could she really change her entire personality?

Research shows that you can alter your personality traits by behaving in ways that align with the kind of person you'd like to be—a process that can make you happier, healthier, and more successful. In ***Me, But Better: The Science and Promise of Personality Change***, Khazan embarks on an experiment to see whether it's possible to go from dwelling in dread to “radiating joy.” For one year, she reluctantly clicked “yes” on a bucket list of new experiences—from meditation to improv to sailing—that forced her to at least *act* happy. With a skeptic's eye, Khazan brings you on her journey through the science of personality, presenting evidence-backed techniques to help you change your mind for the better. Sharply witty and deeply fascinating, *Me, But Better* offers a probing inquiry into what it means to live a fulfilling life, and how you can keep diving into change, no matter how uncomfortable it feels.

Khazan is a staff writer for *The Atlantic* and the author of the 2020 book *Weird: The Power of Being an Outsider in an Insider World*. She has also written for the *New York Times*, the *Los Angeles Times*, the *Washington Post*, *Forbes*, and other publications.

Khazan will be in conversation with **Maria Konnikova**, the author, most recently, of *The Biggest Bluff*, a *New York Times* bestseller, and the bestsellers *The Confidence Game* and *Mastermind*. She is the co-host, along with Nate Silver, of the weekly podcast *Risky Business*. While researching *The Biggest Bluff*, Konnikova became an international poker champion, a World Series of Poker Bracelet Winner, an ambassador for PokerStars Team Pro, and the winner of over \$1,000,000 in tournament earnings.

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, 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, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, 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 Community High School D115, Lake Forest Country Day School, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Morgan Park Academy, New Trier High School D203, 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, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, Township High School D113, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Woodlands Academy, Youth & Opportunity United.