



RISE ABOVE

Overcome a Victim Mindset,
Empower Yourself,
and Realize Your Full Potential

SCOTT BARRY KAUFMAN, PH.D.

Author of *TRANSCEND*



Rise Above: Overcome a Victim Mindset, Empower Yourself, and Realize Your Full Potential Scott Barry Kaufman, Ph.D.

Cognitive psychologist, host of *The Psychology Podcast*, professor of psychology at Columbia University, director of the Center for Human Potential, and author of eleven books.

Susan Cain

#1 *New York Times* bestselling author of *Quiet* and *Bittersweet*.

Monday, April 28, 2025, 7:00 PM CT

Register: www.bit.ly/Kaufman25FANWebinar

PLUS: After-Hours Event!

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

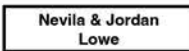
This event is #freeandopentothe public and will be recorded.

Suitable for youth 12+

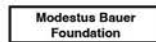
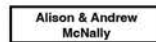
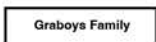
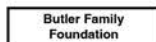
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FOR IMMEDIATE RELEASE: SCOTT BARRY KAUFMAN, PH.D. - ON ZOOM

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

Monday, April 28, 2025, 7:00 PM CT, Rise Above: Overcome a Victim Mindset, Empower Yourself, and Realize Your Full Potential, a FAN webinar featuring Scott Barry Kaufman, Ph.D. (FAN '16) in conversation with Susan Cain ('13, '22). REGISTER: www.bit.ly/Kaufman25FANWebinar

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

In the era of using therapy language to describe everyday emotions and the urge to over pathologize, it's tempting to see ourselves as damaged and powerless, defined by our past traumas, our emotions, and the struggles we face. But it's more important than ever to rise above the limiting beliefs and widespread anxiety that puts us in boxes, lowers our expectations, and holds us back. Our obstacles have become so ingrained in our self-concept that we don't recognize what we could become. And we don't see that these obstacles are, in many cases, our path to our potential—that we become our greatest self because of, not in spite of, life's challenges.

In *Rise Above: Overcome a Victim Mindset, Empower Yourself, and Realize Your Full Potential*, renowned cognitive psychologist and professor **Scott Barry Kaufman, Ph.D.** (FAN '16), among the top 1% most-cited scientists in the world and host of *The Psychology Podcast* (30 million downloads and frequently ranked the #1 psychology podcast in the world), unpacks the dangerous myths and misleading buzzwords swirling around the popular imagination, revealing the truth about managing our emotions, the double-edged sword of self-esteem, the surprising gifts of sensitivity, and, ultimately, the power each of us has to overcome challenges and to shape the course of our own lives.

Kaufman's writing has appeared in *The Atlantic*, *Scientific American*, *Psychology Today*, and *Harvard Business Review*, and he is the author of ten previous books, including *Transcend*, *Wired to Create*, and *Ungifted*. He will be in conversation with **Susan Cain** (FAN '13, '22), author of the #1 *New York Times* bestselling books *Quiet: The Power of Introverts in A World That Can't Stop Talking* and *Bittersweet: How Sorrow and Longing Make Us Whole*. Cain partners with Malcolm Gladwell, Adam Grant, Ph.D. (FAN '14, '16), and Dan Pink (FAN '18, '22) to curate the Next Big Idea Book Club.

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, 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, Near North Montessori School, 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, Sacred Heart Schools, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, Wilmette Public Library, Youth & Opportunity United.