



# How to Stop Trying: An Overachiever's Guide to Self-Acceptance, Letting Go, and Other Impossible Things

## Kate Williams

New York Times bestselling ghostwriter who has authored seven uncredited books in addition to four young adult novels.

## Jennifer Mathieu

Critically acclaimed author of seven novels for young adults.



**Wednesday, May 21, 2025, 7:00 PM CT**  
**Register: [www.bit.ly/WilliamsFANWebinar](http://www.bit.ly/WilliamsFANWebinar)**

### PLUS: After-Hours Event!

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

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

**Presented by FAN and 53 of our member schools and organizations.**  
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**FOR IMMEDIATE RELEASE: KATE WILLIAMS – ON ZOOM**

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**Wednesday, May 21, 2025, 7:00 PM, How to Stop Trying: An Overachiever's Guide to Self-Acceptance, Letting Go, and Other Impossible Things, a FAN webinar featuring Kate Williams, in conversation with Jennifer Mathieu. REGISTER: [www.bit.ly/WilliamsFANWebinar](http://www.bit.ly/WilliamsFANWebinar)**

Have you ever heard someone say, “I’m trying to make it work,” and thought, “That sounds like a great idea”? Probably not. Because the thing about trying is that it’s tiring; it’s labor. Anyone who has *tried* to have fun or to relax or to fall asleep knows this to be true.

And yet: we exist within a culture that encourages us—often with a frantic urgency—to try, and try harder. We are told to try a different approach, try to do or be better, try to squeeze in a little bit more. This is especially true of women, who not only have to try harder than men to receive access to the same opportunities and resources, but who are also conditioned to try in the name of meeting others’ needs and expectations, often at the expense of their own well-being.

In her new book, *How to Stop Trying: An Overachiever's Guide to Self-Acceptance, Letting Go, and Other Impossible Things*, writer **Kate Williams** tackles hustle culture head-on, exploring the ways in which women are primed to become relentless strivers. From the workplace to motherhood, from relationships to “self-care”—no arena of a woman’s life is safe from the pressure to exceed expectations. This conflation of self-worth with achievement, she argues, is both toxic and counterproductive, as the qualities we most seek—happiness, meaning, purpose—are not earned but rather owned.

Known for her astute cultural analysis and pitch-perfect observations of generational trends, Williams takes readers on a journey rooted in her own struggle to divest from an overachieving identity, including the realizations that came in the wake of a painful fertility challenge. Deeply felt, passionately argued, and often laugh-out-loud funny, this is a book for every woman who has ever wondered what would happen if she stopped trying so hard—and just let go.

Williams will be in conversation with **Jennifer Mathieu**, the critically acclaimed author of seven novels for young adults including *Moxie*, which is now a major motion picture directed by Amy Poehler (Netflix). Her books have been translated into over twenty languages. A former journalist, Mathieu is a graduate of Northwestern University and has been a teacher for nearly twenty years.

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 Alliance for Early Childhood, The Avery Coonley School, Avoca D37, 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, Compass Health Center, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, 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, 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 D39, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.