



"A roadmap for living a happy and fulfilled life.
Mattering should be required reading for everyone!"

— INA GARTEN, *New York Times* bestselling author

MATTERING



THE SECRET TO A LIFE OF
 DEEP CONNECTION *and* PURPOSE

JENNIFER BREHENY WALLACE
NEW YORK TIMES BESTSELLING AUTHOR OF *NEVER ENOUGH*



Mattering: The Secret to a Life of Deep Connection and Purpose Jennifer Breheny Wallace

Award-winning journalist, bestselling author of *Never Enough*, and founder of The Mattering Institute.

Robert Waldinger, MD

Professor of psychiatry at Harvard Medical School, director of the Harvard Study of Adult Development at Massachusetts General Hospital, and co-founder of the Lifespan Research Foundation. Co-author, with Marc Schultz, Ph.D., of *The Good Life*.

Thursday, January 29, 2026, 12:00 PM

Register: www.bit.ly/JWRWFANWebinar

BONUS BOOK GIVEAWAY, sponsored by FAN!
Details on Zoom registration page.



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

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FOR IMMEDIATE RELEASE: JENNIFER BREHENY WALLACE – ON ZOOM

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

Thursday, January 29, 2026 | 12:00 PM CT

Mattering: The Secret to a Life of Deep Connection and Purpose

A FAN webinar featuring Jennifer Breheny Wallace, in conversation with Robert Waldinger, MD

REGISTER: www.bit.ly/JWRWFANWebinar

Bonus Book Giveaway: FAN is giving away copies of *Mattering* to randomly selected Zoom attendees. Details on the webinar registration page.

In her groundbreaking new book ***Mattering: The Secret to a Life of Deep Connection and Purpose***, award-winning journalist and bestselling author **Jennifer Breheny Wallace** (FAN '23) argues that mattering—the feeling that we are valued and have the chance to add value—is a core human need, as essential to our well-being as food and water. Yet in today's world, that need is increasingly unmet, with serious consequences. As mental and social health crises surge, we often point to social media, the pace of modern life, or polarizing politics. Wallace reveals a deeper, more fundamental problem: what she calls “an erosion of mattering.”

Drawing on rigorous research and deeply moving stories, Wallace explores what happens when people lose—and regain—the sense that they matter. From burned-out employees and overwhelmed caregivers to those navigating grief or major life transitions, *Mattering* shows how lives are transformed when we are reminded, in small but intentional ways, that we are seen, valued, and needed. Wallace identifies the essential components of what she calls a “mattering core”: recognizing your impact, being relied on (but not too much), feeling prioritized, and being truly known and invested in.

Both a diagnosis and a remedy, *Mattering* offers a clear call to action along with a practical blueprint for change. With accessible insights and actionable takeaways, Wallace shows how to strengthen our own sense of mattering—and how to build cultures of mattering in our homes, workplaces, and communities—at a moment when it has never been more urgent.

Wallace will be in conversation with **Robert Waldinger, MD** (FAN '23), Clinical Professor of Psychiatry at Harvard Medical School, director of the Harvard Study of Adult Development at Massachusetts General Hospital, and cofounder of the Lifespan Research Foundation. He is the bestselling author of *The Good Life: Lessons from the World's Longest Scientific Study of Happiness*.

This event is suitable for youth ages 12 and up. 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, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Chiaravalle Montessori 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, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Latin School of Chicago, Leo Catholic HS, Libertyville D70, Lycée Français de Chicago, Magnetar Capital, Near North Montessori School, 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 HS, Resurrection College Prep HS, 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 HS D125, Township HS D113, TrueNorth Educational Cooperative #804, Wilmette D39, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.