



THE FIVE MINDSETS  
THAT GET YOU MORE OF  
WHAT MATTERS MOST



SONJA LYUBOMIRSKY  
HARRY REIS



## How to Feel Loved: The Five Mindsets That Get You More of What Matters Most

### Sonja Lyubomirsky Ph.D.

Distinguished Professor of Psychology at UC/Riverside and author of the best-sellers *The How of Happiness* and *The Myths of Happiness*.

### 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, March 2, 2026, 7:00 PM CT**

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

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



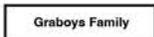
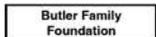
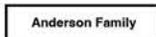
This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+

Presented by **FAN** and 49 of our member schools and organizations.  
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**FOR IMMEDIATE RELEASE: SONJA LYUBOMIRSKY, Ph.D. – ON ZOOM**

**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, [lonnie@familyactionnetwork.net](mailto:lonnie@familyactionnetwork.net)

**Monday, March 2, 2026 | 7:00 PM CT**

**How to Feel Loved: The Five Mindsets That Get You More of What Matters Most**

**A FAN webinar featuring Sonja Lyubomirsky, Ph.D., in conversation with Danile Pink (FAN '18, '22).**

**REGISTER:** [www.bit.ly/SLFANWebinar](http://www.bit.ly/SLFANWebinar)

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

Why, in an age of constant connection, do so many of us still feel lonely, anxious, or unseen? In their new book, ***How to Feel Loved: The Five Mindsets That Get You More of What Matters Most, Sonja Lyubomirsky, Ph.D.*** – the world's preeminent expert on happiness – and Harry Reis, Ph.D., one of the world's leading authorities on relationships and connection, reveal the simple yet powerful shifts that can transform how we experience our closest relationships.

The authors argue that the problem isn't the number of friends we have or how busy our social calendars are – it's that too often, our interactions don't leave us feeling genuinely loved. We may worry that if people really knew us – our flaws alongside our strengths – their affection would disappear. Or we may quietly conclude that we're simply not lovable enough.

*How to Feel Loved* offers a liberating alternative. You don't need to reinvent yourself, impress others, or bend over backward to earn love. Instead, the key lies in shifting how you approach your next conversation. The authors present five practical mindsets that can fundamentally change the way you relate to others – habits that, with practice, will help you create relationships where you feel deeply known, valued, and loved.

Lyubomirsky is Distinguished Professor of Psychology at the University of California, Riverside, and the author of the bestselling *The How of Happiness* and *The Myths of Happiness* (published in 39 countries). She has been featured across a wide range of media, including *The New York Times*, *The Washington Post*, and *The Atlantic*, as well as the *Today* show, NPR, and CNN.

Lyubomirsky will be in conversation with **Daniel Pink** (FAN '18, '22), the author of seven bestselling nonfiction books ranging from human motivation and the science of timing to a graphic novel career guide. His deeply researched works have been translated into 46 languages and have sold more than five million copies worldwide.

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, Beacon Academy, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Compass Health Center, Countryside Day School, 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, Lake Forest Community High School D115, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Magnetar Capital, 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, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, Township High School D214, TrueNorth Educational Cooperative #804, Wilmette Public Library, Woodlands Academy, Wolcott College Prep, Youth & Opportunity United.