

FAN



Born to Flourish

HOW NEW SCIENCE
and ANCIENT WISDOM REVEAL
a SIMPLE PATH to THRIVING



Richard J. Davidson, PhD
and Cortland Dahl, PhD



Born to Flourish: How New Science and Ancient Wisdom Reveal a Simple Path to Thriving

Richard J. Davidson, Ph.D.

William James and Vilas Research Professor of Psychology and Psychiatry
and Founder & Director of the Center for Healthy Minds, University of Wisconsin-Madison. Founder of the nonprofit Humin.

Cortland Dahl, Ph.D.

Contemplative Scientist at the Center for Healthy Minds and Chief Contemplative Officer at Humin.

Jacqueline Moreno

Chief Service Officer of the Illinois Student Assistance Commission (ISAC).



Wednesday, April 8, 2026, **12:00 PM CT**

Register: www.bit.ly/DDFANWebinar

BONUS BOOK GIVEAWAY, sponsored by FAN!

Details on Zoom registration page.

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

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FOR IMMEDIATE RELEASE: Richard J. Davidson, Ph.D., and CORTLAND DAHL, Ph.D. – ON ZOOM
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Wednesday, April 8, 2026 | 12:00 PM CT (Note earlier-than-typical start time)

Born to Flourish: How New Science and Ancient Wisdom Reveal a Simple Path to Thriving
A FAN webinar featuring Richard J. Davidson, Ph.D., and Cortland Dahl, Ph.D., in conversation with Jacqueline Moreno.

REGISTER: www.bit.ly/DDFANWebinar

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

Richard J. Davidson, Ph.D., and Cortland Dahl, Ph.D., are among the world's foremost neuroscientists and contemplative teachers. In *Born to Flourish: How New Science and Ancient Wisdom Reveal a Simple Path to Thriving*, they draw on decades of research from the Center for Healthy Minds and the non-profit Humin to offer something rare: a program that is both scientifically grounded and immediately livable.

The book is built around four practices — Awareness, Connection, Insight, and Purpose — that together train the brain to move from stress and anxiety toward clarity and calm. Awareness invites full presence with our emotions, allowing us to meet life's inevitable ups and downs with steadiness rather than reactivity. Connection cultivates kindness and appreciation, deepening relationships and a sense of belonging. Insight draws on self-inquiry to loosen the grip of old narratives. Purpose anchors us in core values, sharpening the judgment we need to make sound decisions.

We are born with a natural capacity to flourish — but capacity requires cultivation. The encouraging finding from Davidson and Dahl's research is that just a few minutes of daily practice produces measurable change. *Born to Flourish* makes that practice accessible wherever life finds you: commuting, doing chores, lying in bed. For anyone navigating depression, despair, or loneliness, or simply seeking more from their mental and emotional life, the book offers a clear and actionable way forward.

Davidson is the William James and Vilas Professor of Psychology and Psychiatry at the University of Wisconsin–Madison the founder and director of the Center for Healthy Minds and of the nonprofit Humin. Dahl is a research scientist at the Center and the Chief Contemplative Officer at Humin.

Davidson and Dahl will be in conversation with **Jacqueline Moreno**, Chief Service Officer of the Illinois Student Assistance Commission, overseeing the agency's public-facing direct service work with students, families, schools, colleges, and partner organizations across Illinois.

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, Barrington D220, 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, Connections for the Homeless, Countryside Day 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, 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, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.