



INSIDE THE BOX



DAVID EPSTEIN

AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER RANGE



Inside the Box: How Constraints Make Us Better

David Epstein

Science writer and *New York Times* bestselling author of *Range* and *The Sports Gene*. ETHS Class of 1998.

Megan Twohey

Pulitzer Prize-winning investigative reporter for *The New York Times* and co-author of *She Said*. ETHS Class of 1994.

Friday, May 15, 2026, 7:00 PM CT

**Evanston Township High School Auditorium
1600 Dodge Ave., Door 6, Evanston, IL 60201**

**BOOK GIVEAWAY of *Inside the Box* at the event, while supplies last.
Post-event reception in ETHS's Alumni Hall.**



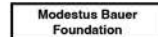
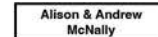
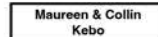
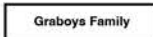
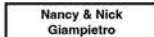
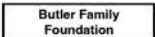
This event is #freeandopentothepublic and will be recorded.
No registration required. Suitable for youth 12+

Presented by **FAN** and 51 of our member schools and organizations.
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FOR IMMEDIATE RELEASE: DAVID EPSTEIN – IN PERSON

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Friday, May 15, 2026 | 7:00 PM CT

Inside the Box: How Constraints Make Us Better

**A FAN program featuring David Epstein (FAN '16, '20), in conversation with Megan Twohey (FAN '19)
Evanston Township High School Auditorium, 1600 Dodge Ave., Door 6, Evanston, IL 60201**

No registration required. Post-event reception in ETHS's Alumni Hall, 8:30-9:30 PM CT, open to all.

Book Giveaway: FAN is giving away copies of *Inside the Box* to attendees, while supplies last.

We live in a world that gives us seemingly infinite choices and prizes freedom above all else. We have an unprecedented number of options regarding what to do, who to be, and how to spend our time. All that choice is wonderful; it is also overwhelming. The irony is that total freedom can be paralyzing, and unlimited resources don't necessarily lead to the biggest breakthroughs. In fact, overvaluing complete freedom can be disastrous for everything from starting a company to harnessing creativity to finding personal satisfaction.

In his new book, ***Inside the Box: How Constraints Make Us Better***, bestselling author **David Epstein** (FAN '16, '20) argues that all of us—individuals, businesses, institutions, even societies—can benefit from narrowing our options. He dives into the science and practice of constraints, exploring exactly when and how guardrails can be beneficial, whether we're working with limited resources or using self-imposed boundaries to tap unexpected wells of focus and innovation.

Original, galvanizing, and deeply researched, *Inside the Box* tells absorbing stories of people and organizations that embraced constraints to transform themselves, and the world—as well as a few that struggled from a lack of limits. Epstein reveals how boundaries create breakthroughs, and how setting the right constraints can help you become the most creative, productive, and satisfied version of yourself.

Epstein will be in conversation with **Megan Twohey**, an investigative reporter at *The New York Times* who seeks to expose hidden truths and hold powerful individuals and institutions to account. She is the co-author, with Jodi Kantor (FAN '26), of *She Said: Breaking the Sexual Harassment Story that Helped Ignite a Movement*, which takes readers behind the scenes of the Harvey Weinstein investigation and was adapted into a film. Twohey and Kantor shared a Pulitzer Prize for public service for their reporting.

Both featured guests are ETHS alums: Epstein is '98, and Twohey is '94.

This event is suitable for youth ages 12 and up. It will be recorded but not live streamed and available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with 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, Countryside Day School, Evanston Scholars, Evanston Township HS D202, 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 High School, Libertyville D70, Lycée Français de Chicago, 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, St. Bernard's 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, UChicago Network for College Success, Wilmette Public Library, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.