

FAN

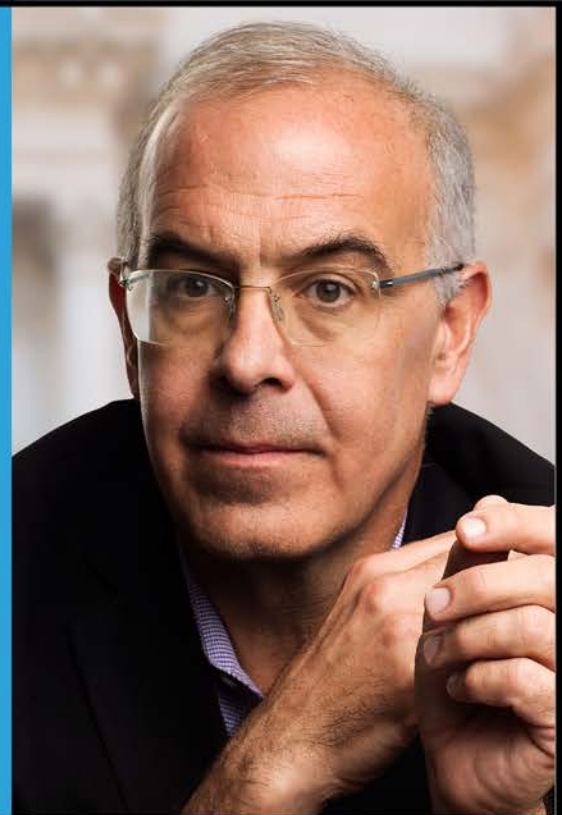


A Little More Social



HOW SMALL CHOICES CREATE UNEXPECTED HAPPINESS, HEALTH, AND CONNECTION

Nicholas Epley Author of Mindwise



A Little More Social: How Small Choices Create Unexpected Happiness, Health, and Connection

Nicholas Epley, Ph.D.

John Templeton Keller Professor of Behavioral Science and faculty director of the Roman Family Center for Decision Research at the University of Chicago Booth School of Business.

David Brooks

Staff writer for *The Atlantic* and the inaugural Senior Presidential Fellow at Yale University's Jackson School of Global Affairs.

Thursday, May 21, 2026, 7:00 PM CT

Register: www.bit.ly/EpleyFANWebinar



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

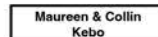
This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+

Presented by **FAN** and 55 of our member schools and organizations.
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Thursday, May 21, 2026 | 7:00 PM CT

A Little More Social: How Small Choices Create Unexpected Happiness, Health, and Connection

A FAN webinar featuring Nicholas Epley, Ph.D., in conversation with David Brooks.

REGISTER: www.bit.ly/EpleyFANWebinar

Book Giveaway: FAN is giving away copies of *A Little More Social*. to randomly selected Zoom attendees. Details on the webinar registration page.

There's a paradox at the core of human life. We are a uniquely social species – and connection is genuinely good for us – yet we routinely choose isolation over engagement. We avoid the stranger in the next seat. We stay stuck in small talk. We hold back gratitude we genuinely feel. Every day, we pass up chances to connect with strangers, colleagues, friends, and family, forfeiting the happiness and health that come with a richer social life.

Nicholas Epley, Ph.D., the John Templeton Keller Professor of Behavioral Science and faculty director of the Roman Family Center for Decision Research at the University of Chicago Booth School of Business, has spent his career studying how we connect. In his new book, ***A Little More Social: How Small Choices Create Unexpected Happiness, Health, and Connection***, he explains that our social fears are built on expectations that are reliably too pessimistic. We overestimate the awkwardness of a conversation with a stranger. We underestimate how much a small gesture of appreciation will mean to the person who receives it. We reach for our phones when what we want is a real exchange.

Epley's great insight is that the fix doesn't require a personality overhaul. Introverts and extroverts alike benefit from nudging themselves toward slightly more social choices. Small acts, consistently practiced, have an outsized effect on the parts of life that matter most. Bridging the gap between two people is easier than we think, and the rewards are larger than we expect.

Epley will be in conversation with **David Brooks**, staff writer for *The Atlantic* and the inaugural Senior Presidential Fellow at Yale University's Jackson School of Global Affairs. He is the author of several #1 *New York Times* bestsellers, including *The Social Animal*, *The Road to Character*, and *The Second Mountain*. His most recent book is *How to Know a Person*.

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, 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, 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, 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, Township High School D214, TrueNorth Educational Cooperative #804, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.