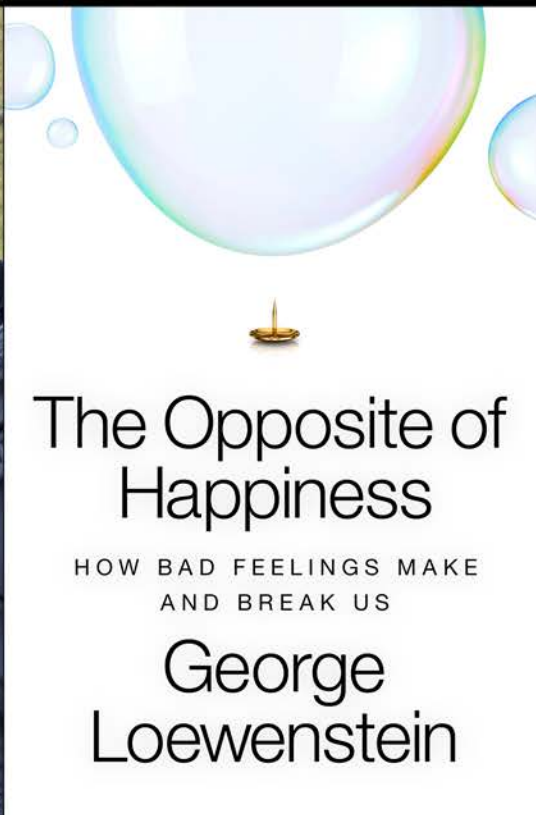




The Opposite of Happiness: How Bad Feelings Make and Break Us George Loewenstein, Ph.D.

Herbert A. Simon University Professor of Economics and Psychology at Carnegie Mellon University.

Eli Finkel, Ph.D.

Professor at Northwestern University, with appointments in psychology and the Kellogg School of Management.
Founding co-director of the Litowitz Center for Enlightened Disagreement.

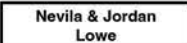
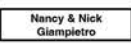
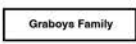
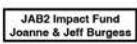
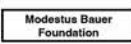


Wednesday, September 16, 2026, 7:00 PM CT
Register: www.bit.ly/GLFANWebinar

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 our member schools and organizations.
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FOR IMMEDIATE RELEASE: GEORGE LOEWENSTEIN, Ph.D. – ON ZOOM

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

Wednesday, September 16, 2026 | 7:00 PM CT

The Opposite of Happiness: How Bad Feelings Make and Break Us

A FAN webinar featuring George Loewenstein, Ph.D., in conversation with Eli Finkel, Ph.D. (FAN '17).

REGISTER: www.bit.ly/GLFANWebinar

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

Why do negative emotions — anxiety, regret, loneliness — so often dominate our lives, even when things are going well? In *The Opposite of Happiness: How Bad Feelings Make and Break Us*, pioneering behavioral economist **George Loewenstein, Ph.D.**, offers a provocative answer: misery is not a malfunction of the human mind. It is a feature. And many of the ways we try to escape it only deepen the problem.

One of the founders of behavioral economics, Loewenstein draws on decades of research in psychology, neuroscience, and evolutionary theory, alongside deeply personal experience, to reveal the hidden logic behind our most painful emotions. From anxiety and jealousy to regret and loneliness, he shows how these feelings evolved to serve essential functions yet often misfire in modern life.

Rather than offering quick fixes, the book reframes how we think about emotional well-being altogether. It challenges the cultural obsession with happiness and suggests that understanding, and even accepting, misery may be the best we can aspire to. As Loewenstein writes, misery is not a glitch in the system; it is the system. Woven throughout are excerpts from literature and candid first-hand accounts drawn from a Misery Survey he conducted, exploring why these emotions so often come to define us.

Loewenstein will be in conversation with **Eli Finkel, Ph.D. (FAN '17)**, a professor at Northwestern University, with appointments in psychology and the Kellogg School of Management. He serves as a founding co-director of the Litowitz Center for Enlightened Disagreement and as the Morton O. Schapiro Fellow at the Institute for Policy Research. He is the author of *The All-or-Nothing Marriage*, a co-host of the “Love Factually” podcast, and a guest essayist for *The New York Times*.

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 Ancona School, 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, Compass Health Center, Connections Health, 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, Glenbrook HS D225, Glencoe D35, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Josephinum Academy, Kenilworth D38, Lake Bluff D65, Latin School of Chicago, Leo Catholic High School, Lycée Français de Chicago, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Oakton College, Pope John XXIII School, Psychgeist Media, Regina Dominican High School, Rogers Park Montessori School, St. Bernard's School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson HS D125, Township High School D113, Township High School D214, Wilmette Public Library, Wintrust Bank, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.