



Advice Not Given: A Guide to Getting Over Yourself Mark Epstein, MD

Psychiatrist and author, *Thoughts Without a Thinker*, *Going to Pieces Without Falling Apart*, and *Advice Not Given*

Monday, January 22, 2018

12:00 PM, Loyola University Chicago School of Law, 25 E. Pearson St., Chicago

RSVP requested for Loyola event: www.bit.ly/EpsteinFAN

7:00 PM, New Trier High School/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield

Working with Trauma: Integrating Psychotherapy and Mindfulness

Tuesday, January 23, 2018 -- Grand Rounds

9:00 AM, New Trier High School/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield

Pre-registration for CEUs required: www.bit.ly/EpsteinCEU

Registered clinicians will receive a free copy of *Advice Not Given* at the event, courtesy of Compass Health Center.

Presented by **Family Action Network (FAN)**,

in partnership with Compass Health Center, Family Service Center, Family Service of Glencoe, the Joseph Sears School, the Mindfulness and Behavior Therapies Program at The Family Institute at Northwestern University, the National Alliance on Mental Illness-Cook County North Suburban (NAMI-CCNS), and the Wolcott School.

These events are free and open to the public and the evening event will be videotaped. Suitable for youth 12+.

Info: familyactionnetwork.net

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FOR IMMEDIATE RELEASE: Mark Epstein, MD – THREE EVENTS

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

EVENT #1: Monday, January 22, 2018, Advice Not Given: A Guide to Getting Over Yourself, 12:00 PM, Loyola University Chicago School of Law, Ceremonial Courtroom, 10th Floor, 25 E. Pearson St., Chicago, IL 60611. **RSVP requested: www.bit.ly/EpsteinFAN**

EVENT #2: Monday, January 22, 2018, Advice Not Given: A Guide to Getting Over Yourself, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093.

EVENT #3: GRAND ROUNDS – Tuesday, January 23, 2018, Working with Trauma: Integrating Psychotherapy and Mindfulness, 9:00 AM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. **Pre-register for CEUs at www.bit.ly/EpsteinCEU**

In his latest book *Advice Not Given: A Guide to Getting Over Yourself*, renowned psychiatrist **Mark Epstein, MD** describes how he recently began introducing Eastern practices of mindfulness to his patients. This book is many things; it is a memoir, full of deeply personal tales from Dr. Epstein’s own life and his patients’, as well as a how-to guide that uses the Eightfold Path of Buddhism as a road map for spiritual and psychological growth. It’s also a fascinating look at the challenges of being a good therapist.

Dr. Epstein, the author of *The Trauma of Everyday Life*, *Thoughts Without a Thinker*, and *Going to Pieces Without Falling Apart*, focuses here on how the ego, and its accompanying sense of nagging self-doubt, is one affliction we all share. While our ego may claim to have our best interests at heart, in its never-ending pursuit of attention and power, it sabotages the very goals it sets to achieve. “The ego needs our help. If we want a more satisfying existence, we have to teach it to loosen its grip,” Dr. Epstein writes. But how do we release its powerful grip? He shares how best to combine the two practices—Buddhism and Western psychotherapy—with great insight, compassion, and warmth.

Sponsored by *Family Action Network (FAN)*, in partnership with *Compass Health Center, Family Service Center, Family Service of Glencoe, the Joseph Sears School, the Mindfulness and Behavior Therapies Program at The Family Institute at Northwestern University, the National Alliance on Mental Illness-Cook County North Suburban (NAMI-CCNS), and the Wolcott School*. FAN is grateful for the support of its 2017-18 annual sponsors *Compass Health Center, Evanston Township High School D202, New Trier High School D203, the Martin & Mary L. Boyer Foundation, Magnetar Capital, and Tina & Byron Trott*; strategic partners *Acclaim Media, the Butler Family Foundation, Center for Talent Development at Northwestern University, Connections for the Homeless, Curt’s Café, Envestnet, Erikson Institute, Evanston/Skokie D65, the Finnegan Family Foundation, Grosvenor Capital Management, Hackstudio, Loyola University Chicago School of Law, the Mammel Foundation, the Master of Science in Education Program at the School of Education and Social Policy at Northwestern University, the McGaw YMCA, New Trier Parents’ Association, North Shore Community Bank, Northern Suburban Special Education District (NSSED), Northwestern University, R4 Services, LLC, The Book Stall at Chestnut Court, The Family Institute at Northwestern University, Youth & Opportunity United (Y.O.U.), and YWCA Evanston/North Shore*; and in-kind sponsors *Kirkland & Ellis LLP and Turing Group*.

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