

P R E S S R E L E A S E

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Foundation for Westwood Education Sponsors *CrazyBusy!*

Last week the library was full of Westwood residents who took a break from their crazy -busy lives to talk about just that: how do we handle the hectic pace of daily living?

Hoping to address an issue that most of us face constantly, the Foundation for Westwood Education brought renowned psychologist Dr. Edward Hallowell to Westwood to address the topic, which he has written and spoken about extensively. The talk was refreshing and candid, with Dr. Hallowell placing an emphasis on reclaiming control, making intentional choices rather than reacting to the maelstrom, and taking time to form meaningful human connections in order to achieve happiness and success, rather than succumbing to the more-is-better trend of the times.

Dr. Hallowell is a NY Times bestselling author who has appeared on numerous national programs to address issues such as dealing with hectic lifestyles (he has authored a book called *CrazyBusy: Overstretched, Overbooked and About to Snap* dealing with the subject). Acknowledging the pressures we all feel, Dr. Hallowell began by recognizing that “not since Guttenberg has technology changed so fast.” What we need in the face of this dizzying change, he said, is “a sudden attack of sanity.” Eschewing trite advice for handling scheduling conflicts and choices, his talk urged people to look more deeply into the reason behind their choices and lifestyles. Parents, he said, run themselves and their children in circles out of the best of motives: trying to achieve the best for them out of love. Studies have shown, however, that the best predictors of success relate to the depth of the connections we have with others, rather than the amount of tutoring and activities we cram into our lives. Those connections - at home, at school, at churches and temples, with friends and relatives - require time. Making that time can be tough, but it’s a choice that Dr. Hallowell believes will make us – and our children – happier (and incidentally more successful) in the end.

Dr. Hallowell’s presentation was one of a series being sponsored by the Foundation for Westwood Education this fall. Next month the Foundation will be presenting a talk by favorite local historian Dr. Gary Hylander on Dickens’ *A Christmas Carol*. Dr. Hylander’s talk will take place on December 3rd at 10:00 am at the Senior Center.

Presentations such as these are made possible by donations to the Foundation from Westwood residents and businesses. For further information or to learn about other upcoming events, visit www.foundationforwestwoodeducation.org.

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