PRESS RELEASE

PSYCHOTHERAPIST AND *NYT* BEST-SELLING AUTHOR ESTHER PEREL BRINGS 'STRANGERS, FRIENDS, AND LOVERS' TO EUROPE IN 2027, A NEW LIVE EXPERIENCE



New York, NY (October 5, 2026) — **Esther Perel**, psychotherapist, *New York Times* bestselling author and host of the acclaimed podcast *Where Should We Begin?*, will return to Belgium, France, Sweden, Denmark, the Netherlands, Norway, and the UK in early 2027 for ***Strangers, Friends, and Lovers: A Night Out with Esther Perel***—a new live experience.

Promoter-specific presales will be running throughout the week ahead of the general on-sale beginning on Friday, October 9 at 10am local time.

"We know that strong, meaningful relationships are essential to a healthy and happy life. So why are we increasingly isolating ourselves, avoiding one another, and finding it harder to connect?" asks Perel. "That's the paradox at the heart of this show.

Relationships are not a private luxury. They are a matter of public health, with the power to shape our individual well-being and the vitality of our communities. Together, we'll explore how to bring the juice back into our relationships — with more joy, energy and choice — finding the parts of ourselves that come alive through others."

The global tour begins in the same year Perel's seminal 2006 work, *Mating in Captivity: Unlocking Erotic Intelligence*, marks its 20th anniversary—a book that fundamentally shifted the global conversation on relationships by challenging the conventional wisdom that love and desire are natural bedfellows. Decades later, Perel's work continues to shape conversations around modern relationships and human connection, extending her influence and bringing her perspective to new platforms. This summer, Apple TV announced Perel's participation in "The Last Person on Earth," a new groundbreaking dating documentary series boldly exploring relationships and challenging everything we assume about compatibility.

About *Strangers, Friends, and Lovers: A Night Out with Esther Perel*

Relationships are undergoing a complex cultural shift. We all feel it. We've never had more ways to "connect," yet the most vital markers of a life well-lived—to love, to make friends, to build family and community—feel increasingly daunting. Is it possible that humanity's quest for comfort and convenience has left us unprepared for the uncertainties intrinsic to life and love? How are our expectations of one another changing? Are we sleepwalking into isolation? Can we find our way back to one another? Join iconic psychotherapist Esther Perel for a once-in-a-lifetime immersive adventure designed to reawaken the social animal within. This new experience revives our forgotten rituals of connection, and asks: what if the future of our relationships begins in a room full of strangers?

TOUR DATES:

Sat, Feb 6 - Antwerp, Belgium - Queen Elizabeth Hall

Mon, Feb 8 - Brussels, Belgium - Bozar

Tues, Feb 9 - Paris, France - Casino

Fri, Feb 12 - Stockholm, Sweden - Filadelfia

Mon, Feb 15 - Copenhagen, Denmark - Falkoner

Wed, Feb 17 - Amsterdam, Netherlands - Koninklijk Theater Carré

Tues, Feb 23 - Oslo, Norway - Konserthus

Tues, Mar 23 - London, UK - Palladium

About Esther Perel

Psychotherapist and *New York Times* bestselling author Esther Perel is recognized as one of today's most insightful and original voices on modern relationships. Fluent in nine languages, she helms a therapy practice in New York City, serves as an organizational consultant for Fortune 500 companies, and is an advisor to both Hinge and Culture Amp on the intricacies of human connection. Her celebrated TED Talks have garnered over 50 million views, and her bestselling books, *Mating in Captivity* and *The State of Affairs*, are global phenomena translated into more than 30 languages. Perel is also the host of the hit podcast *Where Should We Begin?*, which has captivated millions of listeners around the world for nearly a decade. Learn more about her live events, games, and other projects designed to improve your relationships at EstherPerel.com.