



Supernormal: Stories of Adversity, Resilience, and Growth Meg Jay, Ph.D.

Assistant Clinical Professor of Psychology, University of Virginia
Author, *The Defining Decade: Why Your Twenties Matter and How to Make the Most of Them Now*
and *Supernormal: The Untold Story of Adversity and Resilience*

Tuesday, November 28, 2017, 7:00 PM
Evanston Township High School Auditorium
1600 Dodge Ave., Evanston, IL 60201

Presented by **Family Action Network (FAN)**,
in partnership with Family Service of Glencoe, Kenilworth D38, Lake Forest Academy,
the National Alliance on Mental Illness-Cook County North Suburban (NAMI-CCNS),
North Shore Country Day School, and the Wolcott School.

This event is free and open to the public and will be videotaped. Suitable for youth 12+.

Info: familyactionnetwork.net

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FOR IMMEDIATE RELEASE: Meg Jay, Ph.D.

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Tuesday, November 28, 2017, *Supernormal: Stories of Adversity, Resilience, and Growth*, 7:00 PM, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, 60201. Whether it is bullying, the loss of a parent to divorce or death, an alcoholic or mentally ill family member, domestic violence, neglect, or emotional, physical, or sexual abuse, early adversities are experienced by nearly 75% of us. But these experiences are often kept secret, as are our courageous battles to overcome them.

In her latest book, *Supernormal: The Untold Story of Adversity and Resilience*, clinical psychologist **Meg Jay, Ph.D., Associate Professor of Education** at the **University of Virginia**, interweaves cutting-edge research with her work with clients and students over nearly two decades. The book tells the tale of ordinary people made extraordinary by these all-too-common experiences, everyday superheroes who have made a life out of dodging bullets and leaping over obstacles in their way, even as they hide in plain sight as doctors, artists, entrepreneurs, lawyers, activists, parents, teachers, students, and readers.

We're familiar with the well-known supernormals: Oprah Winfrey, Oliver Sacks, Sonia Sotomayor, Stephen Colbert, LeBron James, Alan Cumming, Howard Schultz, Jay Z., Viola Davis, Andy Warhol – their stories illustrate that even those who have achieved phenomenal success have struggled along the way, and the journey from adversity to resilience is never a straight line for anyone. Adversity is more common – and resilience more complicated – than we acknowledge.

Dr. Jay's previous book, *The Defining Decade: Why Your Twenties Matter and How to Make the Most of Them Now*, has sold more than 250,000 copies in all formats and launched one of the most successful TED Talks to date, with more than 10 million views.

Sponsored by Family Action Network (FAN), in partnership with the Family Service of Glencoe, Joseph Sears School, Lake Forest Academy, the National Alliance on Mental Illness-Cook County North Suburban, North Shore Country Day School, 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, Curt's Café, Investnet, 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 (NSSD), 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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