



Drama Free: A Guide to Managing Unhealthy Family Relationships

Nedra Glover Tawwab, MSW, LCSW

Licensed therapist, relationship expert, and *New York Times* bestselling author of *Set Boundaries*, *Find Peace* and *The Set Boundaries Workbook*.

Luvvie Ajayi Jones

Three-time *New York Times* bestselling author, speaker, and multimedia entrepreneur. Host of the podcast *Professional Troublemaker*.

Monday, March 13, 2023, 7:00 PM CT

Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60201

Presented by **Family Action Network (FAN)**, in partnership with

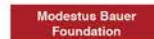
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This event is #freeandopentothepublic and will be recorded but not live streamed. Suitable for youth 12+. No registration required, and masks are encouraged but not required. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: NEDRA GLOVER TAWWAB, MSW, LCSW – IN-PERSON EVENT
CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

MONDAY, March 13, 2023, 7:00 PM, Drama Free: A Guide to Managing Unhealthy Family Relationships, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60201. Interviewer: Luvvie Ajayi Jones. NOTE: No registration required. Masks encouraged but not required.

Every family has a story. For some of us, our family of origin is a solid foundation that feeds our confidence and helps us navigate life’s challenges. For others, it’s a source of pain, hurt, and conflict that can feel like a lifelong burden. In ***Drama Free: A Guide to Managing Unhealthy Family Relationships***, licensed therapist and bestselling relationship expert **Nedra Glover Tawwab, MSW, LCSW** offers clear advice for identifying dysfunctional family patterns and choosing the best path to breaking the cycle and moving forward.

Tawwab offers practical tips for common issues and succinctly breaks down complex issues, helping readers answer two essential questions: How can I successfully have relationships with members of my family when there’s an underlying issue? And how can I disconnect from family members when I no longer wish to maintain the relationship? Covering topics ranging from the trauma of emotional neglect to the legacy of addicted or absent parents, to mental health struggles in siblings and other relatives, Tawwab delves into topics ranging from unlearning dysfunction to managing or ending relationships when people won’t change.

Tawwab is the author of the *New York Times* bestseller *Set Boundaries, Find Peace* and *The Set Boundaries Workbook*. A licensed therapist and sought-after relationship expert, she has practiced relationship therapy for more than fifteen years. She has appeared as an expert on *Red Table Talk*, *The Breakfast Club*, *Good Morning America*, and *CBS This Morning*, to name a few. Her work has been highlighted in *The New York Times*, *The Guardian*, and *Vice*, and she has appeared on numerous podcasts, including *Good Life Project*, *Sofia with an F*, and *Therapy for Black Girls*. Tawwab runs a popular Instagram account where she shares practices, tools, and reflections for mental health and hosts weekly Q&As about boundaries and relationships.

Tawwab will be interviewed by **Luvvie Ajayi Jones**, a three-time *New York Times* bestselling author, speaker, and multimedia entrepreneur who thrives at the intersection of business, leadership, and culture. She is the host of the popular podcast *Professional Troublemaker* and is the CEO of Awe Luv Media.

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