



Proven Strategies, Profound Results

DEALING WITH FEELING

Use Your Emotions to
Create the Life You Want



MARC BRACKETT

Author of Permission to Feel

FAN Roundtable: Dealing with Feeling Marc Brackett, Ph.D.

Founding Director of the Yale Center for Emotional Intelligence, and a Professor in the Child Study Center at Yale University.
Lead developer of RULER, an evidence-based approach to SEL that has been adopted by more than 5,000 schools globally.
Author of the 2016 bestseller *Permission to Feel: The Power of Emotional Intelligence to Achieve Well-Being and Success*.

Wednesday, October 29, 2025, 12-1:30 PM CT
Glenview Public Library Community Room
1930 Glenview Rd., Glenview, IL 60025

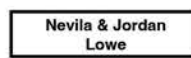
Open to all, though space is limited to 100 attendees.
Free copy of *Dealing with Feeling* for each guest, courtesy of FAN.
REGISTRATION REQUIRED: www.bit.ly/MBFANWorkshop



This event will not be recorded or live streamed.
Suitable for youth 12+

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FOR IMMEDIATE RELEASE: MARC BRACKETT, Ph.D. – IN-PERSON ROUNDTABLE WORKSHOP

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FAN Roundtable Workshop: Wednesday, October 29, 2025, 12-1:30 PM CT, Dealing with Feeling, Glenview Public Library Community Room, 1930 Glenview Rd., Glenview, IL 60025. Free copy of *Dealing with Feeling* for each guest.

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In *Dealing with Feeling: Use Your Emotions to Create the Life You Want*, Marc Brackett, Ph.D. (FAN '19), offers an essential guide for regulating how we respond to our emotions to transform our lives.

Success in virtually every aspect of life—career, friendship, love, and family—is determined mainly by one thing: how we deal with emotions. In your most challenging moments, how did you respond? Did you fly off the handle? Were you paralyzed by indecision? Did you engage in behaviors that undermined your best intentions? Or did you exhibit grace under pressure and flourish? How you responded likely shaped what happened next. But emotion regulation isn't a fixed trait, as many believe. It is a set of skills and strategies that must be learned, practiced, and refined over a lifetime.

Brackett examines his own challenges dealing with emotions, explains the latest science of emotion regulation, and provides a set of practical, evidence-based strategies to help us use our feelings wisely to nurture healthy relationships, achieve ambitious goals, and experience greater well-being. At the heart of his message is acceptance: There are no bad emotions—only emotions we don't understand or know how to direct in positive, intentional ways.

By honing our emotion regulation skills, we can increase our chances of achieving success in all facets of our lives. *Dealing with Feeling* will show you how to work with your and others' emotions—not against them—so you can become the best version of yourself and lift others up, too.

Brackett is the founding director of the Yale Center for Emotional Intelligence, a professor in the Child Study Center at Yale University, and the author of the 2019 bestselling book *Permission to Feel: The Power of Emotional Intelligence to Achieve Well-Being and Success*. He is the lead developer of RULER, an evidence-based approach to social and emotional learning that has been adopted by more than five thousand schools around the globe. In 2024, he launched the YouTube webcast *Dealing with Feelings*.

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