



Course:

## Book Study, Permission To Feel

Permission to Feel, Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive is a book about emotions and how they play a vital role in our cognitive processes, physical health and relationships.

The author, Marc Brackett, Ph.D., speaks to the importance of emotional intelligence and the implications for educators in classrooms. By giving ourselves permission to experience all of our emotions, we can reduce stress and increase our well-being and the well-being of our students.



### BOOK:

Permission To Feel: Unlocking The Power of Emotions to Help Our Kids, Ourselves and Our Society Thrive

Written by *Marc Brackett, Ph.D.*



### COST:

\$175 Course Fee



### OPTIONAL GRADUATE CREDITS/ WA STATE CLOCK HOURS:

3 Quarter Graduate Credits offered through Seattle Pacific University – Additional \$180

30 Clock Hours offered WA State ESD 112 - \$3 per clock hour

#### TEACHER STUDY

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