



Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education)

Patricia A. Jennings

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Mindfulness for Teachers is based upon the author's extensive experience as a mindfulness practitioner, teacher, teacher educator and scientist. Drawing upon basic and applied research in the fields of neuroscience, psychology and education, the book offers valuable information about how mindfulness can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

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