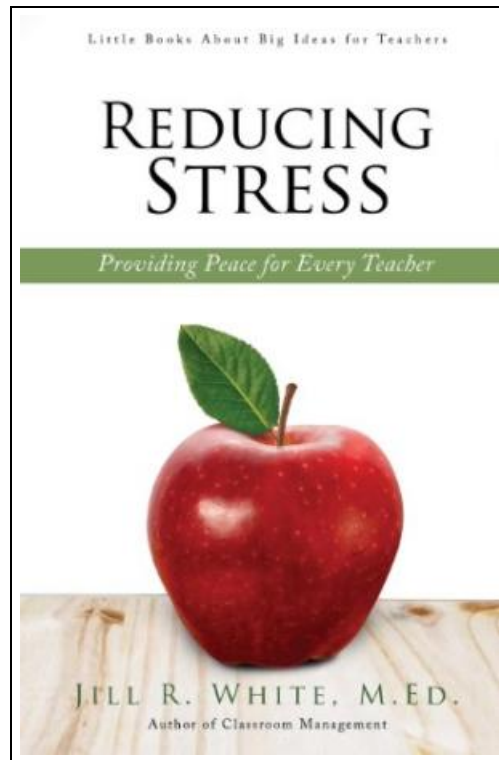


## Reducing Stress



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Xulon Press, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.An easy-to-read book of tips for busy teachers who are burning the candle at both ends while juggling too many plates. Written by a seasoned educator with the background of teacher, educational therapist, and principal, these ideas and suggestions are aimed at producing calmness and peace in the teacher as well as in the classroom. This book is part Jill White's series: Little Books about Big Ideas for Teachers. Look for more of the complete series at your favorite book distributor. An effective author and national and international speaker, Jill White has been a successful educator for over 30 years. She is also a powerful educational trainer and seminar presenter. Her style has been described as thought-provoking, humorous, stimulating, and above all highly effective. Teachers enjoy Jill's presentations because she challenges them to create classroom environments that help every student achieve, and she gives teachers the tools to make it happen! Not only does she train teachers in group settings, Jill is also a strong and highly qualified instructional trainer/coach for teachers in one-on-one settings. Administrators have expressed great appreciation for her work with their faculty. She excels in working personally with teachers, bringing out their best qualities, gifts, and proficiencies. Never has the classroom been more stressful than today. In *Reducing Stress: Providing Peace for Every Teacher*, teachers have found practical ideas which have brought peace to their minds and calmness in the daily stresses of classroom life. Let this little manual guide you to reexamine your personal habits, the classroom behaviors of your students, and your relationship with others in order to experience a more peaceful life as a teacher. Michael Pinkston, Head...



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