



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

By 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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Editorial Review

Review

“Jennings provides a powerful and compelling case for teachers to practice mindful consciousness as it helps teachers analyze their thoughts and emotions before they become actions. The intricate definitions, impactful activities, and clear process for practicing mindfulness are both practical and accessible for any teacher. In fact, it is difficult to read her book without wanting to practice mindfulness.” (Teachers College Record)

“For teachers and school personnel wishing to incorporate mindfulness into their lives, this book provides an invaluable resource. . . . Drawing upon her own wealth of experience as a mindfulness practitioner, teacher, and scientist, Jennings has accomplished her own stated intentions in this book by providing a timely and inspiring illustration of how mindfulness practice can be used to reduce teacher stress and suffering, and also how mindfulness has the potential to enhance and transform teacher’s ability to educate today’s youth.” (Mindfulness)

“[Jennings’] careful research on how teachers can employ mindfulness in the classroom is vital to the field. This book . . . can help teachers continually find the spirit of joy and engagement that brought them to teaching in the first place.” (Mindful)

“Patricia Jennings has topflight expertise in mindful education, and shares it with other teachers in a reader-friendly, useful way. *Mindfulness for Teachers* offers a suite of practical tools for building a more positive, compassionate classroom—one where teachers do their best and students can shine. This book deserves your full, mindful focus.” (Daniel Goleman, PhD, author of Emotional Intelligence)

“*Mindfulness for Teachers* draws on research, theory, and Patricia Jennings’ extensive experience in education to present a very readable set of guidelines for creating a mindful and caring classroom. This impressive book should be required reading for teachers during their training. The ideas here will help any teacher develop a greater awareness and find greater joy and personal fulfillment in teaching.” (Mark T. Greenberg, PhD, Bennett Chair of Prevention Research, Pennsylvania State University)

“This book is a wonderful resource for teachers. Patricia Jennings has a real understanding of the challenges teachers face. Utilizing her strong foundation in mindfulness practices, she provides effective exercises and a wealth of information to support educators both inside and outside the classroom.” (Sharon Salzberg, Co-Founder of the Insight Meditation Society and Author of Real Happiness)

“This book provides strategies for all educators to use their emotional energy to their advantage. Bringing the myriad of ways that mindfulness is a timeless component of pedagogy to readers’ attention, Jennings demonstrates how attuning to their own emotions will allow educators to fully engage as creative professionals with individual students. *Mindfulness for Teachers* emphasizes that to truly connect with the hearts and minds of our students, teachers must first sustain their own presence and wellness.” (Linda Rosenbury, Middle School Principal, New York City Public Schools)

“Jennings blends years of personal practice with classroom experience and research to create a pertinent resource for any teacher wishing to begin or enrich a cultivation of mindfulness. An understanding of the human brain, and its’ reactions to stress, are provided as a pathway to guide teachers to build a self-care practice that acts as a model for students and a foundation for classroom wellness. Through refined attention

to and mindfulness of daily habits and actions, Jennings illustrates how repeated forms of inquiry can operate as pedagogical techniques for learning.” (Jennifer Dauphinais, Magnet Resource Teacher, Quinnipiac STEM Magnet School, New Haven, CT)

From the Author

Mindfulness for Teachers is the result of my over 40 years of personal and professional experience as a teacher, teacher educator, and scientist. It is informed by my deep appreciation for, and commitment to, the teaching profession.

While our educational systems are facing huge problems, I remain optimistic. Challenging situations offer great opportunities for change. We may be poised to be part of a dramatic transformation in education. While there has been a growing recognition that our society needs greater mindfulness and heartfulness, science is showing us how the simple practice of attending to the present moment can change lives. This book applies this new knowledge to the art of teaching. As you read this book, you will learn ways to apply mindful awareness in your daily life to reduce stress and improve your teaching and your students' learning.

About the Author

Patricia A. Jennings, MEd, PhD is an Associate Professor of Education in the Curry School of Education at the University of Virginia. A regular mindfulness practitioner for over 40 years, she has spent most of her life exploring how mindfulness can enhance teaching and learning. After 22 years as a classroom teacher and teacher educator, Dr. Jennings received her doctorate in human development from the University of California Davis and studied health psychology at the University of California San Francisco. Now an internationally recognized leader in the field of mindfulness in education, her current research focuses on mindfulness-based approaches to improving the social and emotional classroom context and student learning.

Users Review

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John Judge:

The book Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education) make one feel enjoy for your spare time. You can use to make your capable more increase. Book can to become your best friend when you getting stress or having big problem using your subject. If you can make reading a book Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education) being your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about a few or all subjects. You could know everything if you like available and read a publication Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom (The Norton Series on the Social Neuroscience of Education). Kinds of book are several. It means that, science e-book or encyclopedia or other people. So , how do you think about this book?

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