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## Self-Care for Teachers: Regain Your Balance Reclaim Your Time Renew Your Practice

By Dr Matthew Allen

Trafford Publishing. Hardcover. Book Condition: New.

Hardcover. 268 pages. Dimensions: 9.1in. x 6.1in. x 1.0in.

Its often been said, with some validity, that we teach what we need to know. So, too, we write what we want to read: in this case, the book that I wish someone had written for me when I was a young teacher just starting out. I began teaching in a British-style boys boarding school: all boys, all boarding-a trial by fire if ever there was one. I was fresh out of university, with a good MA but virtually no teaching experience and only the dimmest idea of why I was joining the profession. I had been told by someone I trusted that I had a natural talent for teaching, felt faint stirrings of vocation, and wanted to give something back after a long and self-indulgent education. Beyond that, I had no idea of what I was getting into or why. It was a strange Darwinian world of bad food, cold showers, harsh discipline, and cross-country runs, with other vestiges of British public school tradition, including bread pudding, corporal punishment, and daily chapel. Paradoxically, despite the strict discipline and institutional formality-the masters were universally referred to...



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### Reviews

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