



The Teacher's Journal: A Workbook for Self - Discovery (It's Easy to W.R.I.T.E. Expressive Writing)

Kathleen Adams, Marise Barreiro

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Teachers begin the professional journey with a treasure chest full of experiences, hopes, and expectations gathered from early childhood. Yet the everyday stresses and challenges of 21st century classrooms often leave teachers with neither time nor energy to recall their initiating dreams and desires.

In this innovative workbook you'll be expertly guided through a journey of self-discovery, back to the roots of your story, your evolution as a teacher, and the rituals and routines that help or hurt. You'll take time out to remember the ways that teaching blesses you. You'll learn to confront the inner critic and push back against the voice that tells you to do *more, more, more*. You'll discover the legacy you leave with your students. You'll fall in love with teaching all over again.

Illustrated with 115 actual journal entries by 17 teachers in response to 65 well-crafted writing prompts, you'll be held in a supportive international community as you rediscover yourself and your innate strengths. A facilitator's guide featuring step-by-step lesson plans prepares you to offer this work as a writing group with peers.



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Cheryl Saldana:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the publication untitled The Teacher's Journal: A Workbook for Self -Discovery (It's Easy to W.R.I.T.E. Expressive Writing) can be very good book to read. May be it is usually best activity to you.

Deborah Fishman:

The reason? Because this The Teacher's Journal: A Workbook for Self -Discovery (It's Easy to W.R.I.T.E. Expressive Writing) is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who write the book in such remarkable way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the reserve store hurriedly.

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