



Enlighten Up!

An Educator's Guide to Stress-Free Living

Here at last is a book about stress that truly understands the realities of classroom teaching and school administration. With vivid stories and examples that apply to your world, the authors explain how to go beyond merely "managing" your stress to eliminating it all together. Whether you're dealing with disruptive students or inadequate budgets, discover bold, new concepts and fresh perspectives that help you get a grip when life seems to be spinning out of control. (ASCD, 2003) 6" x 9", 101 pages.

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