



The Teacher's Ultimate Stress Mastery Guide: 77 Proven Prescriptions to Build Your Resilience

Jack Singer



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Why do some teachers thrive under pressure while others quit? What kinds of skills can empower teachers to effectively deal with the challenges they face both in and out of school?

The Teacher's Ultimate Stress Mastery Guide shows teachers how to build resilience and emotional strength to prevent stress and burnout as well as the negative emotions that may result. Rich with examples, easy-to-understand concepts, and simple behavioral tips, this book explains how stress affects your optimism and teaching effectiveness. In an easygoing and witty voice, Jack Singer, PhD, presents:

- Action plans for mastering the different types of stress in your life
- Success stories and experiences from teachers who have conquered stress
- Strategies and examples based on cognitive and resiliency theories used by psychologists and counselors

Don't let the challenges of the job weigh you down! This blueprint for success can help you achieve personal and professional goals, tackle daily challenges, and reignite your passion for teaching.



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