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Mindfulness: How School Leaders Can Reduce Stress and Thrive on the Job

Caryn Wells

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Principals, superintendents, teacher leaders, and other school leaders experience considerable stress in this day of accountability and high visibility. This book address that stress level and helps school leaders learn the why, what, and how of mindfulness practice. It also helps to show how to reduce stress through mindfulness, demonstrates how mindfulness is related with effective leadership practice, and reinforces the qualities that equate with leadership legacy.

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