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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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