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Autore	Tan Charlene
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Nota di contenuto	Chapter 1: The Way as the Foundation: Dao and Jesus -- Chapter 2: Love-Centeredness: Ren and Agape -- Chapter 3: Self-Directed Learning: Self-cultivation and Sanctification -- Chapter 4: Community-Driven Engagement: Li and Church -- Chapter 5: Attributes for Teachers: Learner-Centric Approaches of Confucius and Jesus -- Chapter 6: Attributes for Learners: Critical and Creative Thinking Promoted by Confucius and Jesus -- Chapter 7: Conclusions and Implications.
Sommario/riassunto	This book provides original ideas and practical recommendations for educators in a post-pandemic world. We live in a world that has been upended by the COVID-19 pandemic. Students around the globe have been besieged by disruptions that threaten not only their academic learning but also their mental, emotional, and interpersonal well-being.

In the midst of pressing and mounting challenges, how can schools ensure the total wellness of all their students? Beyond reactive, piecemeal, and short-term measures, how can schools enact mindful education that pays attention to wholeness in every student? Extending the current research on well-being and mindfulness, this book draws insights from Confucian and Christian traditions. These two traditions have been selected as they are widely seen to represent, and have impacted, Eastern and Western civilisations respectively for millennia. Informed and inspired by Confucian and Christian perspectives, this book proposes that mindfulness is an orientation towards wholeness, where one experiences *he* (harmony) and *shalom* (peace). Mindful education is realised through: A school community of *ren* (humanity) and *agape* (love); A transforming curriculum that centres on *dao* (way) and *imago dei* (god's image); Empathic teachers who are motivated by *shu* (putting oneself in the other's place) and the Golden Rule (do to others as you would have them do to you); and Self-directed learners who develop themselves through *xiuji* (self-cultivation) and spiritual disciplines. Applying ancient wisdom to contemporary settings, this book on promoting student well-being through mindful education is a useful resource for policymakers, educators, researchers, and general readers. .

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