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Lingua di pubblicazione	Inglese
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Nota di contenuto	part I. Scientific basis and overview -- part II. Heart centered components.
Sommario/riassunto	"In Mindful School Communities: The Five Cs of Nurturing Heart Centered Learning, authors Christine Mason, Michele M. Rivers Murphy, and Yvette Jackson make the case for a new system of schooling that prioritizes the social and emotional needs of the learner to the benefit of both students and educators. The authors note that schools that operate in a compassionate, caring, and community centered fashion create healthier, happier, and more successful students. As such, the authors offer the reader an in-depth guide to heart centered learning and its implementation. Readers will learn about the basics of Heart Centered Learning, as well as its primary elements: consciousness, compassion, confidence, courage, and community. This book also provides a wealth of real-world exercises and strategies meant to implement and sustain heart centered learning in schools. Furthermore, in order to ensure the success of Heart Centered Learning in schools, the authors have built the system on a wealth of research. In this book, readers will find a research backed guide to the development of a new,

compassionate system of schooling, as well as all of the tools needed to bring their system to life"--

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