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Nota di contenuto	Intro -- Acknowledgments -- Table of Contents -- About the Author -- Foreword -- Introduction -- Chapter 1 -- Chapter 2 -- Chapter 3 -- Chapter 4 -- Chapter 5 -- Conclusion -- References and Resources -- Index.
Sommario/riassunto	"So often, when educators talk about well-being, the conversation begins and ends with self-care without addressing all aspects of educator wellness. In Beyond Self Care, Gail Markin dives into the importance of well-being on the individual, communal, and system-wide levels as well as the role of leadership in ensuring their schools can be sustainable. With research-backed practices and excerpts of conversations from working educators, Markin delivers a guidebook to healthier, more passionate schools"--