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Initiatives for Sustainable Living Small Brochure, Big Advice; It's Good to Laugh Uncontrollably, Sometimes; Ongoing Professional Development; Silence Is Golden: An Interpretation; An Opportunity or a Routine?; Golden Rules Applied to Professors; Part Eight; Attachment Comes with a Cost; The Diary of Pumpkin and Her Babies; Tanka: Sharing Presence in a Moment; Notes; Bibliography; Introduction; Part One; Part Two; Part Three; Part Four; Part Five; Part Six; Part Seven; Part Eight; Index; About the Author

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### Sommario/riassunto

Years of studying and teaching in different academic settings have provided Inoue-Smith with many experiences and observations that led her to think about the components of professor's daily lives. This book focuses on how reflection and self-understanding helps scholars to excel in their teaching and their careers.

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