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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Preface; Acknowledgments; Phase I. DISCONNECT: EXPLORING THE ROOTS OF SELF-DOUBT; Chapter 1. Self-Doubt: Viewing You through a Deficit Lens; Chapter 2. Self-Exploration: Assessing Strengths and Weaknesses as a Teacher; Chapter 3. Kicking the Habits That Nurture Doubt; Phase II. RECONNECT: REPAIR AND RECONSTRUCT THE DAMAGE CAUSED BY NEGATIVE THOUGHTS; Chapter 4. Getting a New Doubt-Averse Attitude: Replacing Fear with Trust; Chapter 5. Jump-Starting Your Teacher Efficacy; Chapter 6. Managing the Brute Creations of Negative Emotions Phase III. NEW CONNECTS: GENERATING NEW THINKING AND CONNECTING TO THE SUPER TEACHER WITHIN Chapter 7. Moving beyond Doubt to Enlightenment: Getting to Know the Professional You Better; Chapter 8. Creating Exceptional Educational Environments for Maximum Learning; Chapter 9. Exploring the Potency of Empowerment; Chapter 10. Changing Inside and Out: Necessary Steps for Being the Best; Index; About the Author
Sommario/riassunto	This book is a treasure trove of information, generously sprinkled with gems of wisdom and insights for helping teachers to eradicate doubt and uncertainty about their teaching. The dynamism of the book is fueled by a highly effective 3-step Believe in Yourself Process, designed

to help teachers modify their belief system about their teaching efficacy. Custom exercises are used to encourage deep introspection, to modify awareness, and to inspire change. Expert techniques and approaches are offered for improving all aspects of classroom teaching such as climate, function, teacher persona, and b

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