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Sommario/riassunto

Now in its second edition, *Teaching and Learning through Reflective Practice* is a practical guide to enable all those involved in educational activities to learn through the practices of reflection. The book highlights the power that those responsible for teaching and learning have to appraise, understand and positively transform their teaching. Seeing the teacher as a reflective learner, the book emphasises a strengths-based approach in which positivity, resilience, optimism and high performance can help invigorate teaching, enhance learning and allow the teacher to reach their full potential.
