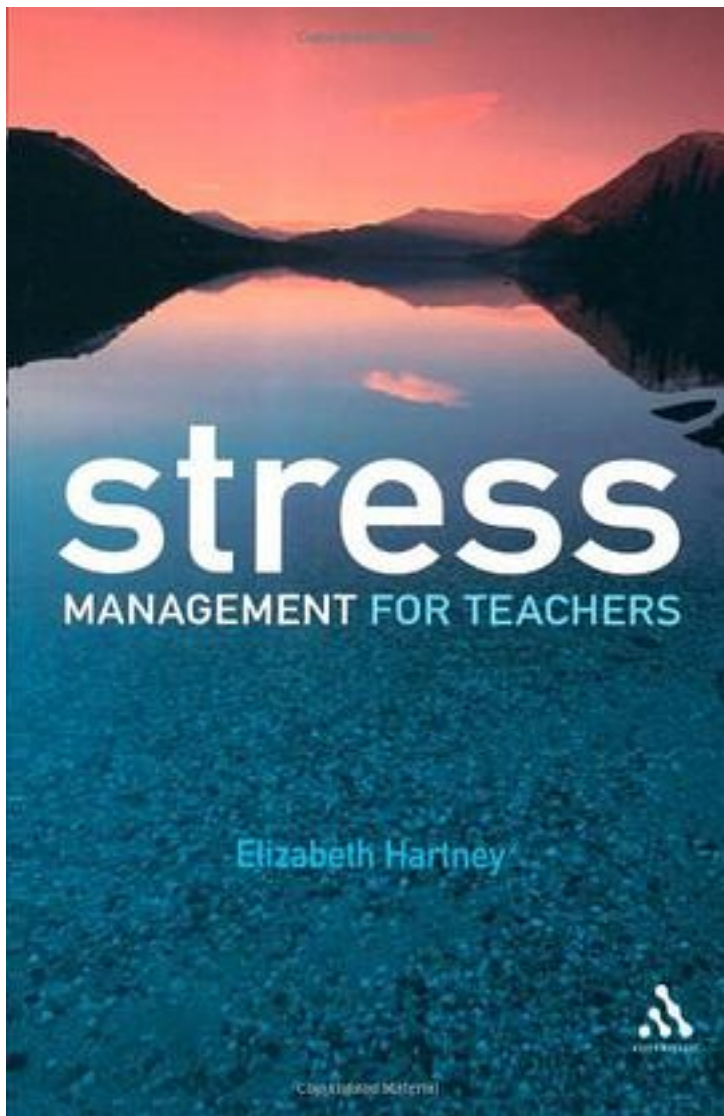


# Stress Management for Teachers



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著者:Hartney, Elizabeth

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This is a ground-breaking book that offers teachers a basic understanding of stress within the context of teaching in schools. It provides information on what are the tell tale signs of stress and identifies the effects on personal and professional well-being. The book offers a wide range of specific solutions to help cope with those stress related issues of teaching. In this ground-breaking book, Elizabeth Hartney provides readers with a basic understanding of stress, in the context of teaching in schools, and its effects on personal and professional well-being. She suggests a wide range of strategies for managing stressors that affect teachers and trainees, from dealing with children with behavioural difficulties and the huge volume of administrative tasks to career planning and coping with difficult people.

作者介绍:

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