

Contents

<i>List of Figures</i>	ix
<i>Meet the Author</i>	x
<i>Acknowledgements</i>	xi
Introduction	1
Part I	
UNDERSTANDING MEDITATION AND ITS BENEFITS	7
1 What Is Meditation and Mindfulness?	9
2 Why Should We Care about the Well-Being of Teachers?	18
3 Effects of Meditation on the Body and Mind	30
4 The Effects of Meditation on Teachers	48
5 Critiques and Caveats about Meditation and Mindfulness	60
Part II	
STORIES FROM MY CAREER AND HOW MEDITATION PLAYED A VITAL ROLE	69
6 The Transformation of an Introvert: How Meditation Calmed My Anxiety and Helped Me to Blossom	71
7 The Early Years of Teaching	79

8 From Fear to Love: More Stories from the Early Years.....	87
9 Surviving a Toxic Workplace: How Meditation Shielded Me from the Negative Effects of Co-Worker Tensions.....	97
10 Synchronicity.....	104
11 Training for the Worst.....	110
12 Dr. Mom, the Vampire.....	117
13 A Call to Action that Was Guided by Synchronicity....	124
14 Reflections on My Career and Meditation.....	130
Part III	
SHIFTING YOUR ENERGY: SIMPLE STRATEGIES TO INTRODUCE MINDFULNESS INTO YOUR LIFE NOW.....	
15 Shifting Your Energy and the Energy of Your Classroom.....	137
16 Suggestions for Learning to Meditate and Incorporating a Mindfulness Program into a School or Workplace.....	148