

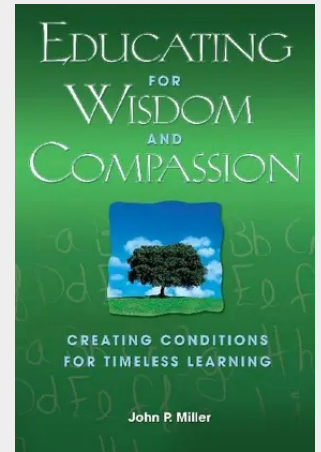
Miller

Educating for Wisdom and Compassion

Creating Conditions for Timeless Learning

"A clearly written, concise, and inspired book..." -Lourdes Arguelles Professor of Education and Cultural Studies Claremont Graduate University Blending philosophy, research, and three decades of practice, the author offers an engaging discussion of essential principles of timeless learning, including attention, contemplation, connection, participation, responsibility, wholeness, and joy. Educators in today's schools can apply these principles, models, and methods to inform instruction in their own classrooms and teaching practices. Some of the benefits timeless learning can bring include: - Helping students develop deep joy, wholeness, awe and wonder, and a sense of purpose - Improving attention, alertness, perception, and memory - Using meditation and contemplation to help reduce stress, anxiety, heart rate, and blood pressure

Essential principles of timeless learning include attention, contemplation, connection, participation, and responsibility; helping students achieve a sense of purpose; and improving alertness and mental health.



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