

The Teaching Self



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In *The Teaching Self: Contemplative Practices, Pedagogy, and Research in Education*, a rich collection of voices from diverse settings illustrates the ways in which first-person experiences with contemplative practices lay a foundation for contemplative pedagogy and research in teacher education. Contemplative practice depends on cultivating an understanding of oneself, as well as one's relationship and interdependence of others and the world, and it is this precept that guides the focus of these portraits of practice. The teaching self of the scholar benefits from reflective and authentic engagement and a commitment to equity and ethical action.

Several authors examine the direct and indirect influence contemplative practices have on their students as future educators. All of the authors in this book share first-hand experiences with contemplative practices that honor, support, and deepen awareness of the teaching self by exploring the journey of identifying as a contemplative educator.



Editoriala	Rowman & Littlefield Education
Gaia	Pedagogía
EAN	9781475836325
Baldintza	Disponible
Lotura	Rústica
Orrialdeak	120
Neurria	230x150x13 mm.
Weight	180
Language	Español
Price (Tax inc.)	45,50€