



Powered by Me for Educators(r) Pre-K to 12 : The True Force Behind All Classroom Strategies, Higher Teaching Potential and Student Progress

Sherianna Boyle



This book is a resource educators will want to keep on their desktop. If you are considering implementing mindfulness into your classroom or wish to encourage self-awareness, this book is definitely the place to start. Although it is written for the educational setting, don't be surprised if the benefits extend beyond the school day. -Nancy Ashworth, special educator for thirty years
Powered By Me is a wonderful book for educators at all levels! Sherianna's gentle coaching voice shines through every page! She offers poignant stories and helpful exercises to support, encourage and empower her readers. -Sharon Hartley, retired principal
An essential guidebook to mindful teaching methods that will renew teachers, empower students and build communities. Imagine an educational environment where teachers and students can mutually thrive. Does power reside in the tool or in the individual wielding the tool? Is self-awareness the key to student progress? How might empowered teachers benefit students? These questions ignited the vision of Powered by ME, (r) a perceptual shift that modifies any teaching tool into a power tool. Every single strategy in this book is mutually beneficial. Teachers and students receive the boundless benefits of resiliency, balance, and strength. The best part is you and your students already have everything you need to begin. This book allows you to deepen your toolbox with practices that come from within.

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- [Poverty: its Degrees, its Causes and its Relief : A Multidisciplinary Approach to an Urgent Problem](#)
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