



## The Buddha in the Classroom: Zen Wisdom to Inspire Teachers (Paperback)

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By Donna Quesada

Skyhorse Publishing, United States, 2011. Paperback. Book Condition: New. 178 x 132 mm. Language: English . Brand New Book. Donna Quesada had been teaching for about a dozen years when the first signs of burnout hit her. Rather than give into her frustration, she reached for Buddha's teachings--the Zen wisdom that formed the basis of her own longtime spiritual practice. She survived the semester and gradually rediscovered the joy of teaching that had been progressively declining. In this wonderful book, she shares the lessons she learned--lessons that reveal time and again: No matter the situation, it's always about getting your head in the right place first. Resolution begins in our own minds. Some days, some semesters, and even some years will be more challenging and more wearisome than others, she warns. But in *Buddha in the Classroom*, Quesada offers a lasting source of encouragement and inspiration. Although the book draws from Eastern teachings, the wisdom is for everyone, regardless of personal background, creed, or faith. With elements of *The Last Lecture* as well as *Chicken Soup for the Teacher's Soul*, this is the perfect gift for teachers--but also for anyone needing inspiration.



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