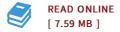




Meditation in the Classroom: A Tool to Achieve the Optimal Learning Conditions (Paperback)

By Dr Maria Guadalupe Castaneda Tellez

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A committed teacher promotes the conditions for the quality educational experience. Aware of the nature of the student and the challenging conditions in which the session develops, teachers must provide the keys to a successful class. In the process of learning teachers must take into consideration the elements that are part of the educational moment, the type of student, their emotional state and the effect all these aspects have in the learning process. The human being has the ability to practice mastery of the mind for the purpose of diminishing or eliminating the torrent of negative distracting thoughts, generators of stress and on the opposite promoting a peaceful state of mind in order to collaborate for his own benefit. The moment a person experiences a situation, the brain records that event to make sure it does not pose a danger or threat. Therefore, the brain constantly evaluates the environment in which finds itself and thus gives priority to situations that require imminent solution. Thoughts that evoke a problematic situation generate the same physiological response of the brain to a threat, even if...



Reviews

A must buy book if you need to adding benefit. It can be rally interesting throgh looking at period of time. Its been designed in an remarkably simple way and it is only after i finished reading this publication by which in fact altered me, modify the way i believe. -- Ms. Julie Huels

This publication will never be straightforward to get going on looking at but really fun to see. This can be for all those who statte that there had not been a worth looking at. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about should you request me). -- Cale Hansen Sr.