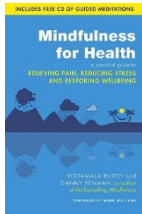




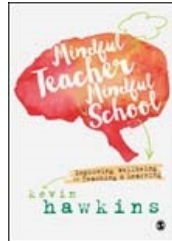
Wellbeing in Education

Health & Wellbeing of Educators



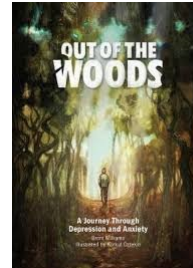
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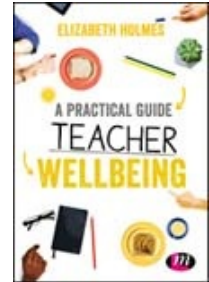
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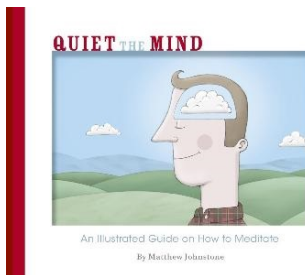
Out of the Woods

The book's graphic memoir format blends a compelling personal story with the latest medical research - ideal for people who are in the depths of depression and struggling to read and take on board information.



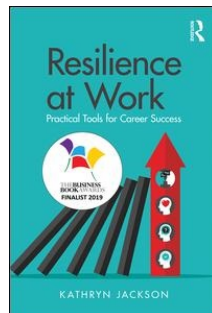
Practical Guide to Teacher Wellbeing

With solutions and strategies that can be taken into practice, this guide will help new and early career teachers establish that all-important work/life balance and avoid burn out.



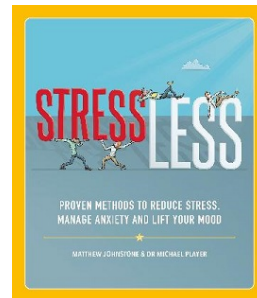
Quiet the Mind

This beautiful guide will help you find the space and peace for a relaxing meditation practice every day.



Resilience at Work

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