



The Mindful Teacher (the series on school reform)

Elizabeth MacDonald, Dennis Shirley

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As academic achievement becomes narrowed into a single-minded obsession with test scores, what possibilities remain for ethical, caring teachers to hone their craft and inspire their students with the joy of learning? In *The Mindful Teacher*, authors MacDonald and Shirley begin by articulating the prevalent problem of “alienated teaching”—the kind of teaching that teachers perform when they must comply with external conditions that they feel do not serve their students well. As a solution, the authors propose “mindful teaching”—the kind of teaching that is informed by contemplative practices and teacher inquiry. They identify “seven synergies of mindful teaching”—strategies that teachers can use daily to integrate more reflection and attunement into their busy classroom life. Co-authored by an urban public school teacher and a professor of education, *The Mindful Teacher*:

- Describes a three-year teacher inquiry project exploring various contemplative approaches to educational change.
- Includes vignettes from real teachers discussing educational dilemmas in their urban schools.
- Provides strategies to combat the negative effects of top-down policy mandates on teaching and learning.

“This book provides powerful evidence of the benefits of authentic school and university partnerships. *The Mindful Teacher* will be treasured by educators everywhere.”

—**Thomas Payzant**, Professor of Practice, Harvard University, and Superintendent of the Boston Public Schools 1995–2006

“All those who care about education and our schools will cherish *The Mindful Teacher*. Here is a text that teaches us how to name, frame, and claim the problems of urban education, as we embrace the struggle, organize the support, and provide learning for those in schools and universities alike.”

—**Ann Lieberman**, Senior Scholar, Stanford University

“This is the book I have been looking for. *The Mindful Teacher* is conceptually rich and practically feasible. I have no doubt that ‘the seven synergies of mindful teaching’ will inspire teaching well beyond North America.”

—**Jonathan D Jansen**, author of *Knowledge in the Blood: Confronting Race and the Apartheid Past* and Vice Chancellor and Principal, University of the Free State, South Africa



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