



Personal Well-Being Lessons for Secondary Schools

By Ilona Boniwell

Mcgraw-Hill Education Ltd Mrz 2012, 2012. Taschenbuch. Book Condition: Neu. 300x212x17 mm. Neuware - 'Boniwell and Ryan provide an excellent synopsis of the current state of wellbeing literature focusing on evidence-based studies and how these link into contemporary public policy. This underpins the work that Boniwell and Ryan have done to ensure that the 'handson' methodology outlined throughout the text is underscored by science that highlights the importance of each exercise. Students are encouraged by this design to take a long term view of their development. Boniwell and Ryan's text is a significant contribution to the growing area of Wellbeing and Positive Education literature. Its teacher friendly format and engaging exercises will stimulate many classroom discussions.' Dr Mathew A White, Director, Wellbeing & Positive Education, St Peter's College, Australia and Fellow, Melbourne Graduate School of Education, University of Melbourne, Australia 'This book is a much welcomed addition to the field of student wellbeing. The authors have captured the science and practice of positive psychology and have brought together an array of evidence-based practices and exercises that will allow teachers to explicitly incorporate well-being into their curriculum and pastoral care. The 6 areas of well-being are scientifically validated and the book provides...



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