



Deliberate Optimism: Reclaiming the Joy in Education

Debbie Thompson Silver, Jack C. (Charles) Berckemeyer, Judith R. Baenen

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Beat burnout and bring joy back to teaching—and learning!

Recharge the optimism that made you an educator in the first place! Choosing optimism—even in the face of tough challenges—helps restore the healthy interactions and positive relationships necessary for enacting real school change. Filled with research-based strategies, practical examples, and thought-provoking scenarios, this inspiring, humorous book gets you ready to

- Rediscover motivation
- Take a positive view of events beyond your control
- Build an optimistic classroom where students flourish
- Partner with other stakeholders to create an optimistic learning environment

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