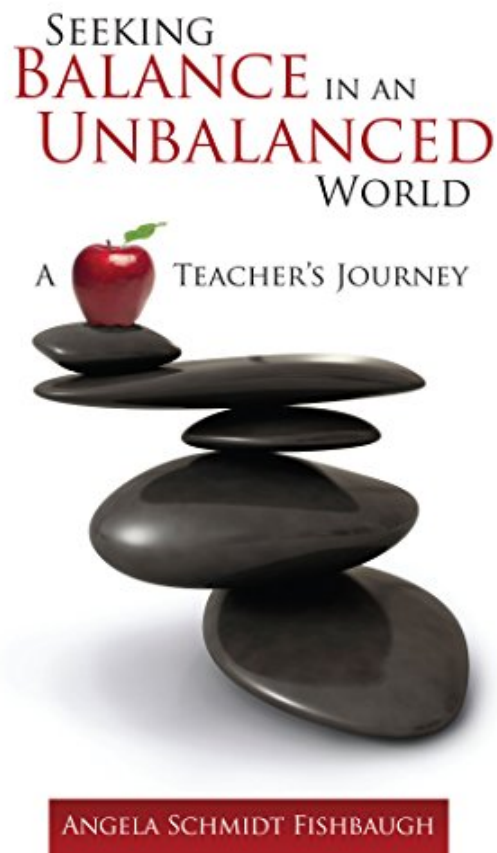


SEEKING BALANCE IN AN UNBALANCED WORLD: A TEACHER'S JOURNEY BY ANGELA SCHMIDT FISHBAUGH



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About the Author

Angela Schmidt Fishbaugh is an author, educator, and inspirational speaker. She holds a master's degree in education and is certified in experiential therapy and yoga. Angela is the owner of Balance Teacher, LLC, whose company's vision is to bring healing, joy, and inspiration to every individual desiring a healthy and balanced life. Its mission is to inspire through its books, teachings, workshops, and personal connections. Visit balanceteacher.com to learn more. Angela is the author of:

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- Celebrate Nature: Activities for Every Season

Angela lives in Dundee, New York, with her three children and husband.

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Teachers can help children achieve academically when they themselves feel balanced and whole. Filled with classroom management strategies and character education activities, *Seeking Balance in an Unbalanced World* is for anyone who works in an educational setting and wants to live a less chaotic life. Through meaningful exercises guided by the philosophy of the Six Dimensions of Wellness, developed by Dr. Bill Hettler of the National Wellness Institute, teachers can define and nourish their whole selves and gain balance in their lives.

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About the Author

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A great book

By Hainer22

I recently received my copy of *Seeking Balance in an Unbalanced World: A Teacher's Journey* and as a fellow educator I found it to be a quick and easy read. It included several thought provoking personal exercises to help the reader become more aware of their whole self. Once aware, you are given ideas to help become a more balanced, whole person.

Once the foundational concepts were explored, the author turns her literary attentions to what seems to be one of her greatest strengths, the world of education. Her thoughts encourage us to become more aware of the whole self so that we may become a more balanced person. In doing so, we will be better able to serve the children in our classrooms. This in turn will allow those children to become more balanced themselves. I found this to be an extremely valuable concept to apply as we strive to help children grow and develop in

today's society.

Another valuable facet of this book is a very unique and comprehensive look at various activities that can be used in the classroom. Educators, whether a first year teacher or a seasoned veteran, can benefit from the ideas presented.

In closing, I would highly recommend this book to any person, parent, and/or educator who is striving to find an innovative way to balance their personal and educational lives and the lives of those closest to them.

0 of 0 people found the following review helpful.

descriptive outline of the book inaccurate

By W. Cluff

I pre-ordered this book from the publisher because I thought it was going to be a new and fresh look at a wellness model specifically through the lens of an education professional. What came was a book which crammed all the wellness model stuff into the first chapter of the book, 21 pages out of a 138 page book. The rest of the chapters deal primarily with classroom management, a rather unbalanced focus for a book about maintaining balance. Angela Schmidt Fishbaugh offers sound management suggestions, creating a pleasant and organized environment, realizing your own attitude effects the classroom, looking at the whole child rather than focusing on just one thing, giving children the tools and practice needed to self-regulate and problem solve independently. However, if you have worked/studied in Early Childhood Education recently none of it will be new insight.

0 of 0 people found the following review helpful.

First-Year Teacher's Saving Grace

By Lauren

Seeking Balance in an Unbalanced World: A Teacher's Journey is an excellent book for those who desire to become teachers or those who are first-year teachers. I would recommend this book to be the center of any Mentor/Mentee Program. Angela Schmidt Fishbaugh does an excellent job explaining how to turn those everyday chaotic aspects of being a teacher into personal lessons in the dimensions of your inner self. Through a positive approach, the author teaches you to seek the good in every situation and in every student...to see and understand the whole person, not just the superficial person. She also gives great tips on classroom techniques to help those first-year teachers grasp the idea of a "whole-istic" classroom.

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