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This Much I Know About Mind Over Matter .: Improving Mental Health in Our Schools (Paperback)

By John Tomsett

Crown House Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. In This Much I Know about Mind Over Matter John Tomsett addresses, with refreshing honesty, the growing problem of the mental health issues experienced by children and young people, offering up a plan for averting a mental health crisis in our schools. Tomsett interweaves his formative and professional experience with strategies for addressing students mental health issues and insights from his interviews with high profile thinkers on the subject including Professor Tanya Byron, Natasha Devon, Norman Lamb, Tom Bennett, Claire Fox and Dr Ken McLaughlin. The book is replete with truths about the state of children s mental wellbeing, about creating a school culture where everyone can thrive and about living in the shadow of his mother s manic depression. With his typical mixture of experience, wisdom and research-based evidence, Tomsett explains how he manages the pressure of modern day state school headship in a climate where you are only as good as your last set of examination results, a pressure which acutely affects staff and students too. He outlines his strategies for mitigating this pressure and turning the tide of students mental health problems.The...



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