



Teach, breathe, learn [mindfulness in and out of the classroom /

Srinivasan, Meena,
author

Parallax Press,
2014

Libros electrónicos

Monografía

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbgVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMTc5M0M3MTA>

Título: Teach, breathe, learn recurso electrónico] mindfulness in and out of the classroom Meena Srinivasan

Editorial: Berkeley, California Parallax Press 2014

Descripción física: 1 online resource (225 pages)

Mención de serie: E-Libro

ISBN: 9781937006747 9781937006754 e-book)

Materia: Attention- Study and teaching Awareness- Study and teaching Emotions and cognition Learning, Psychology of Mindfulness-based cognitive therapy

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es