



# A Moment of Peace & Quiet: Meditations for Teachers

*Gail G Mesplay*

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## **A Moment of Peace & Quiet: Meditations for Teachers** Gail G Mesplay

The teaching profession is faced with new and more demanding challenges each year. Teachers yearn for quiet moments to enable them to prepare themselves for the stresses of a day. *A Moment of Peace and Quiet* originated from the author's own need for "space" before a school day started, or in the middle of a hectic day. It is designed to help all teachers make their moment of quiet refreshing and nourishing. Mesplay's book can be creatively used to fit a teacher's needs and busy schedule. Readers have the option of choosing a specific topic, randomly selecting a page, or starting at the beginning and working their way through to the end. There are 200 entries, one for each school day and enough for the week prior to the beginning of school and one week into the summer break. Quotations (over 400) from a variety of authors, time periods, and world religious traditions are an important part of this book of meditations.

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