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Paul Murphy

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Teaching got you feeling down? Have the stresses of the job made it harder for you to be happy at work? Do you wish you could find the joy you hoped for when you started what you thought would be a long and fulfilling career?Teaching is a rewarding job. It's also exhausting and stressful. Today's teachers face challenges their predecessors never did. High-stakes testing, legislative attacks, and loss of autonomy in the classroom have made the job harder and less enjoyable. It's challenging to be a happy teacher these days.But you can be one! By applying the latest scientific research on happiness to your job in the classroom, you can be the teacher you always thought you would be. You will look forward to going to work, have more energy when you're there, and be the happy teacher every student wants and deserves.In this book, you will learn:*What makes teachers unhappy at work*What teachers think will make them happy and why they're often wrong*What science says about how teachers can be happier in the classroomBased on the latest research from the field of positive psychology, Happy Teacher will arm you with the knowledge and strategies you need to add a pep to your step and a smile to your face. You'll be happier at school. Your students will be happier in your classroom. And your colleagues will ask you how you did it!If you're ready to be happier at school, then scroll up and click the BUY NOW button!

About the AuthorPaul Murphy is a teacher with 17 years of classroom experience. His writing focuses on helping teachers inside the classroom and out. He enjoys reading, writing, travel, craft beer, and Cheetos, but not always in

that order. He also likes being happy. You can read more of his writing at his web site, TeacherHabits.com. This is his second book.

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