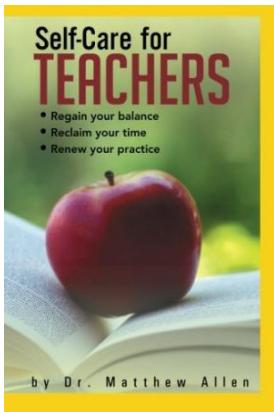


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## SELF-CARE FOR TEACHERS: REGAIN YOUR BALANCE RECLAIM YOUR TIME RENEW YOUR PRACTICE



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- Authored by Matthew Allen, Dr Matthew Allen
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