



# Thrive: 5 Ways to (Re)Invigorate Your Teaching

*Meenoo Rami*

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As a novice teacher, Meenoo Rami experienced the same anxieties shared by many: the sense of isolation, lack of self-confidence, and fear that her work was having no positive impact on her students. In *Thrive*, Meenoo shares the five strategies that helped her become a confident, connected teacher. From how to find mentors and build networks, both online and off, to advocating for yourself and empowering your students, *Thrive* shows new and veteran teachers alike how to overcome the challenges and meet the demands of our profession.

### Praise for Thrive

*"Whether you are entering your first year of teaching or your 40th, Thrive feels as if it were written just for you. At a time in our profession when many of us are feeling stretched thin, Meenoo Rami offers strategies to reignite our passions and rediscover why we chose to teach."*

-Christopher Lehman, coauthor of *Falling in Love with Close Reading*

*"Teaching is a profession that eats its young. Meenoo Rami offers guidelines for surviving the challenges of the classroom as well as the faculty room."*

-Carol Jago, author, teacher, and past president of NCTE

*"Thrive includes a mosaic of dynamic teacher voices from many grade levels and content areas. Reading their stories deepened my thinking about the immense untapped potential of our profession. Meenoo Rami's vision of teaching and learning can sustain us all."*

-Penny Kittle, author of *Book Love*

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