



# Everybody Present: Mindfulness in Education

*Nikolaj Flor Rotne*

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## **Everybody Present: Mindfulness in Education** Nikolaj Flor Rotne

*Everybody Present* illustrates the transformative effects of mindfulness on educators, students, and their classrooms. Using concrete examples, Didde and Nikolaj Flor Rotne present a mode of classroom engagement that reduces stress to make room for thoughtful learning. A working manual addressed to everyone in the educational universe, *Everybody Present* presents real-world applications grounded in solid research. Stories, exercises, and case studies demonstrate the effectiveness of mindful practices across all areas of education. By exploring the challenges of teaching, *Everybody Present* will help all educators transform feelings of inadequacy into experiences of abundance.

*Everybody Present* seeks to create a new kind of culture in our schools: one that counters stress and facilitates learning. It reframes the student-teacher relationship, showing teachers how to supplant antagonism and foster strong relationships by planting seeds of mindfulness in their students and encouraging them to embark on a mindfulness practice of their own.

*Everybody Present* is intended to contribute to the creation of a culture throughout the educational system writ large, working against stress and victim mentality to set in motion a revolution of silence, allowing each individual the experience of inter-being, inner calm, and joy.

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