



# Recess for Teachers: Taking Time Out for Your Body, Mind, & Soul

*Dr. Vicki Caruana Ph.D.*

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# Recess for Teachers: Taking Time Out for Your Body, Mind, & Soul

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## **Recess for Teachers: Taking Time Out for Your Body, Mind, & Soul** Dr. Vicki Caruana Ph.D.

Vicki Caruana's heart is for teachers. She writes in the introduction for Recess for Teachers, "I know firsthand what it is like to come to the end of yourself as a teacher, yet are still expected to pour yourself out as from an empty vessel. We seem to look for rest in all the wrong places and from all the wrong people. I want to help bridge the ever widening gap between fatigue and rest." Vicki shares with her fellow teachers the secret to true rest—rest that is for your body, mind, and soul. True refreshment is found in God's comforting embrace and His promise to renew our wings as eagles. Recess for Teachers is a glass of water on a hot, long day. And it is Vicki's hope, that as a result of using this book, teachers can in turn have the opportunity to minister and offer real rest to their colleagues.

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