
takeaways



Doing less depends on recognizing that doing too much is counterproductive.

-Thomas Hatch, p. 22



Instead of wondering how machines can do a bunch of tasks that we ask educators to do, we should be asking how we can have educators do fewer tasks.

-Justin Reich, p. 8



Often, the most sustainable practices are the simplest ones—setting an intention each morning or pausing for a few breaths when the day feels heavy.

-Jill Handley and Lara Donnelly, p. 48