Teaching critical thinking is not one more thing, it’s the thing.
—Colin Seale, p. 14

If we center the comfort of students who are often excluded from higher-level discussions and determine what they need to participate effectively, we’ll strengthen all students’ critical thinking skills—and have more inclusive discussions.
—Kimberly Parker, p. 74

Thoughts can become our inner dictator. If we don’t consciously remind ourselves that thoughts are words and images produced by our brains, those words and images become our experience of the world — like water for fish.
—Juan-Diego Estrada, p. 32