

**Teaching critical thinking is not  
one more thing, it's the thing.**

—Colin Seale, p. 14

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**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

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**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

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