

...continued from page 17

Visions of the Future. To make some of his points, Reist draws on Canadian literature, including *Agaguk* (Yves Thériault), where the hero, an Inuit hunter, has no choice but to deal with the Hudson's Bay Company monopoly to sell his furs. He is short changed, and given half their value. The present public school system, according to Reist, is also a monopoly where students have no alternative to what's offered, unless their parents opt for the more expensive private system.

Says Reist, "Alternative education programs are currently offered by only some school boards and only cater to a small clientele of 'at risk' students. These programs need to expand and morph into a complex array of choices that will eventually replace the core prescribed curriculum."

For Reist, bullying is "the use of fear or intimidation to gain power and

control." Bullies have grown up with little power or control over their lives, so the best antidote to their behaviour is to help them succeed. "Success is synonymous with personal power and a feeling of control over oneself and one's environment (...) achieved through freedom of choice."

In his final chapter, *Brave New World: Visions of the Future*, Reist raises that precise question: "...when does a child have the right to choose? When is a child free?" The author doubts that schools will change from within, but believes that when adults give up their need for control, children will be truly free.

Interviewed many times in print, on radio and TV, with over 30 years of classroom experience, 20 of which he spent as the Head of English at Robert F. Hall Catholic Secondary School in Caledon East, Mr. Reist is the author of *Raising Boys in a New Kind of World*, Canadian bestseller, and *The Dysfunctional School: Uncomfortable Truths and Awkward Insights on School, Learning and Teaching*. For clips of his talks, try "Michael Reist YouTube."

For a virtual visit or to contact him: www.michaelreist.ca

Is Work Killing You? A Doctor's Prescription for Treating Workplace Stress

David Posen, MD, 2013
ISBN 978-1-77089-275-0

A must for all educators and school staff at the primary and secondary levels, parents, students, Family Studies, Co-op or internship students.

This is a page-turner with so many gems relevant to today's school environment and elsewhere: stress caused by meetings, entitled students, defensive parents, all compounded by cutbacks everywhere. And sometimes, it's the very people we work with who cause the most trouble. Result: disengagement, along with lower productivity and output seen in both the public and private sectors.

According to Dr. Posen, "the three biggest problems that lead to stress" are "(1) *Volume*, (2) *Velocity* (3) *Abuse*," and this is exactly how he has structured his book. *Section 1, Volume: The Factors that Contribute to Overload and What Can Be Done About It*, deals with topics such as "Too Few Hands to Share the Load," "The Slippery Slope to Burnout," "Fake Work and Spinning Wheels; Prioritizing and Letting Stuff Go."

Section 2, Velocity: How to Navigate the World of Work When the Pace is Faster than Ever includes "The Myth of Multi-tasking (yes!); Single-tasking and Focus;" "Overuse and Misuse of Technology and How to Tame It;" "Meetings; The Need for a New Meetings Manifesto."

Section 3, Abuse: What To Do When the People You Work With Are Your Biggest Source of Stress addresses issues such as "Identifying and Dealing with Problem People" and "The Keys to Employee Engagement and Stress Reduction." Dr. Posen talks about prevention in the conclusion, with "Pay

