



**PUSHING
BOUNDARIES**
CONSULTING, LLC

Meet Dan Tricarico



Dan Tricarico has been a high school English teacher for over twenty five years. He is the author of *The Zen Teacher: Creating Focus, Simplicity, and Tranquility in the Classroom* (DBC, Inc. 2015) and *Sanctuaries: Self-Care Secrets for Stressed Out Teachers* (DBC, Inc., 2019).

In his spare time, he enjoys writing fiction, watching movies, listening to music, reading, and staring out of windows. His first love is writing poetry, and he has published many poems both in print and online. Dan is based in California and can be found on Twitter at @thezenteacher or by visiting: www.thezenteacher.com.

His best-selling books are:

