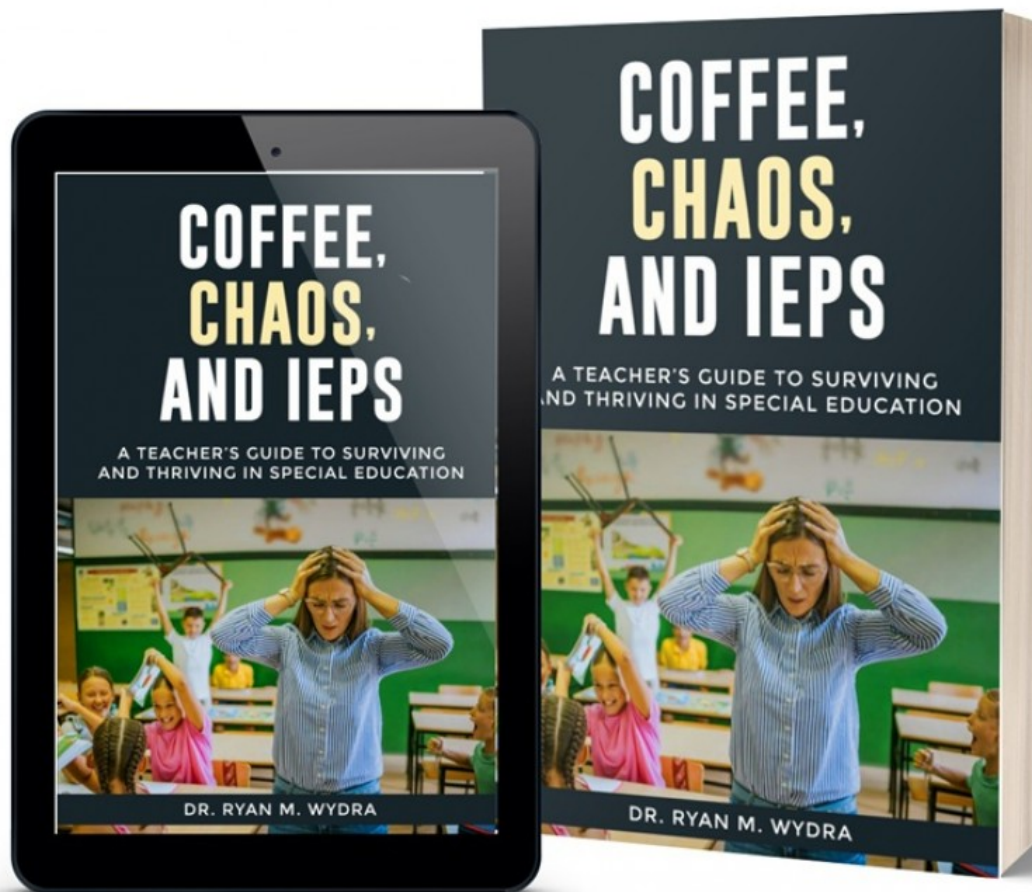


## Dr. Ryan M. Wydra Releases New Book For Educators - Coffee, Chaos, and IEPs



**New York City, New York May 20, 2026 ([IssueWire.com](http://IssueWire.com))** - A powerful new voice in education is bringing honesty, clarity, and lived experience to the forefront of the conversation. Dr. Ryan M. Wydra announces the release of his new book, **Coffee, Chaos, and IEPs: A Teacher's Guide to Surviving and Thriving in Special Education**.

At a time when educators are navigating increasing demands, burnout, and evolving classroom dynamics, **Coffee, Chaos, and IEPs** offers something refreshingly different: a grounded, experience-based perspective on teaching in special education. Rather than relying solely on theory, the book draws directly from real classroom moments—capturing the complexity, unpredictability, and purpose that define the work.

Through candid storytelling and practical insight, Dr. Wydra explores critical themes including the day-to-day realities of managing IEPs, the emotional and professional toll of educator burnout, and the

importance of sustainable practices for long-term success. The book reframes IEPs not as bureaucratic hurdles, but as meaningful, functional tools that can drive student growth when used effectively.

“This book comes from the real moments in teaching, the ones that don’t always get talked about, but shape the work more than anything else,” said Dr. Wydra.

Designed for educators at every stage—from those just entering the profession to experienced teachers and school leaders—***Coffee, Chaos, and IEPs*** serves as both a guide and a source of validation. It acknowledges the challenges while offering perspective on how to remain effective, grounded, and committed over time.

Dr. Wydra brings a wealth of experience in special education, with a career dedicated to supporting students with diverse learning needs and equipping educators with practical strategies that work in real classrooms. His voice reflects both professional expertise and a deep respect for the educators doing this work every day.

As conversations around education continue to evolve, ***Coffee, Chaos, and IEPs*** stands as a timely and necessary contribution—one that centers authenticity, resilience, and the realities of teaching.

Connect with Dr. Wydra at <https://advocateed.org>

***Coffee, Chaos, and IEPs*** is available for purchase on Amazon.

<https://www.amazon.com/Coffee-Chaos-IEPs-Surviving-Education-ebook/dp/B0GXQWNZN7/>

## Book Details

### **Coffee, Chaos, and IEPs**

A Teacher’s Guide to Surviving and Thriving in Special Education

By Dr. Ryan M. Wydra

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Genre(s): Education, Special Education, Teacher Development, Educational Leadership, Memoir/Professional Reflection

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