



Fried: Why You Burn Out and How to Revive (Hardback)

By Joan Z Borysenko

HAY HOUSE, United States, 2011. Hardback. Book Condition: New. 206 x 135 mm. Language: English . Brand New Book. This Is an Invitation to Take Your Power Back! What happened to the spark you had as a child that powered curiosity, engagement with life, and creativity? Has it burned out? Are you feeling emotionally and physically exhausted and cynical, wondering if you've got what it takes to make it in this rapidly changing world? Burnout looks a lot like depression, but it's not a biological bogeyman that medication or simple stress management can cure. It's a disorder of hope and will that sucks the life out of competent, idealistic, hardworking people like you; and it will be an ongoing challenge for you to take your power back! In this breakthrough work, Joan Borysenko, Ph.D.--a Harvard-trained medical scientist, psychologist, and renowned pioneer in stress and health--straddles psychology, biology, and soul in a completely fresh approach to burnout. Joan's deeply human (and often amusing) personal accounts of burnout and recovery; the science of helplessness, hopelessness, and empowerment; and the rich wisdom of people who have gone from fried to revived --including many of Joan's vibrant community of...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

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