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Save Yourself from Burnout: A System to Get Your Life Back (Paperback)

By Marnie Loomis

Bouclier Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Running On Empty? Get Your Life Back Save Yourself from Burnout: A System to Get Your Life Back provides the road map of a new, easy-to-use, personalized burnout recovery system. After experiencing burnout themselves, the authors, Dr. Marnie Loomis, a naturopathic physician, and Beth Genly, a Yale-trained specialty nurse-practitioner, boiled down hundreds of medical and sociological studies to distill out key answers to these critical questions: Why do some people burn out while others do not? What protects us from burnout? What makes us vulnerable? How can we stay far away from burnout in the future? Loomis and Genly's book explains how burnout happens and how it is different (and worse) than stress. It gently but thoroughly debunks many harmful social myths around burnout. Throughout this friendly, often humorous book, readers discover self-tests, reflection exercises, and visual tools designed to enhance their learning and support their individual recovery. Central to the system: a unique Burnout Shield self-assessment, in which the reader maps their personalized recovery plan, based on the individual shape of their 5 areas of burnout protection and vulnerability. An appendix cites...



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