



Fried: Why You Burn out and How to Revive

By Joan Z. Borysenko

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Fried: Why You Burn out and How to Revive, Joan Z. Borysenko, 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 timely and groundbreaking work, Joan Borysenko - 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. Her deeply human (and often amusing) personal accounts of burnout and recovery help convey a clear understanding of the science behind helplessness, hopelessness, and empowerment. Plus, the rich wisdom of people who have gone from fried to...



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-- Vivianne Dietrich

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No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are tired of not having any friend and being lonely all the time...



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