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NOUVELLE
ÉDITION

Le **Burn-out** **parental**

L'éviter et s'en sortir



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Parental Burn-Out

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Parental burn-out explained by the two specialists who first identified the phenomenon.

You would like to be a good, caring, attentive parent. But in reality, you're completely exhausted and often end up feeling guilty for losing your temper over trivial things... This book is for all the weary parents out there: from those trying to understand parental burn-out, to those looking for ways to get over one and making sure it never happens again! An excellent practical guide, designed for all parents! Both authors are research directors, doctors of psychology, and professors at the University of Leuven.
