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Burnout: No Blame, New Game

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A clear, complete guide to understanding and overcoming the mechanisms that lead to burn-out. Make your burn-out a rebound!

This book is for everyone stressed out, overworked, and suffering physically, mentally, and emotionally. Whether you've already been diagnosed with burnout or are still in a cycle of wondering, being worn down, losing self-confidence, or searching for meaning, this book has the answers you're looking for.
