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Journey to the Heart of Suffering

Burnout and Workplace Harassment, According to a Psychiatrist and a Lawyer

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This book is a survival guide that will speak to a great number of people who aim to change their professional struggles into an opportunity of change.

Books on burnout and workplace harassment abound, but ideally a volume on such a topic would combine the perspectives of a psychiatrist and a lawyer, both key players in helping people who are suffering at work. This book was born of an encounter, a friendship, shared perspectives, and a deep belief that psychiatrists and lawyers can indeed provide useful, much-needed assistance.

Reichman and Fond share their experience through numerous case studies, personal tools, and wise counsel in order to give hope to those suffering in their workplace.
