



Frank C. Blomeyer

BURNOUT

**Warum läßt Du
Dich verheizen?**



Burnout Warum L Sst Dich Verheizen Ebook

Joan Z. Borysenko, Ph.D.



Burnout Warum L Sst Dich Verheizen Ebook:

Burnout Frank C. Blomeyer, 2014 **Fried** Joan Z. Borysenko, Ph.D., 2011-01-01 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 breakthrough work Joan Borysenko Ph D 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 Joan s deeply human and often amusing personal accounts of burnout and recovery the science of helplessness hopelessness and empowerment and the rich wisdom of people who have gone from fried to revived including many of Joan s vibrant community of 5 000 Facebook Friends make this powerful and practical book a must read for our times [A Quick Guide To Dealing With Burnout Syndrome](#) Valentin Boyadzhiev, 2020-01-04 Introduction Dear Ladies and Gentlemen this book *A Quick Guide to Dealing With Burnout Syndrome* was created specifically to introduce readers to the basic concepts and insights surrounding Occupational Exhaustion Syndrome The book claims neither completeness nor absolute comprehensiveness but I dare to say that it is an indispensable helper to anyone struggling with stress or Burnout Syndrome It is useful for both the victim and anyone who has a loved one suffering from this condition The syndrome conquers all major areas of human existence and functioning It is not only a personal problem it is a problem of modern society and it affects not only the individual and his life but also everyone close to him I tried to create a light concise and enjoyable book that would provide every reader with something interesting and accessible from this wide and vast field of scientific knowledge The book explains and presents the basic concepts and phenomena associated with Burnout Syndrome explores some basic theories about the formation evolution and ways of coping with this condition I wish you a pleasant and useful minute with this book Thank you for your attention and interest Best wishes Valentin Boyadzhiev About the author Valentin Boyadzhiev is a trained nutritionist graduated Master of Psychology in Psychology and Psychopathology of Development He has acquired Professional Qualification Teacher of Psychology and Postgraduate Professional Qualification Psychological Counseling in Psychosomatic and Social Adaptation Disorders He has obtained a Psychoanalysis Diploma and he has specialized in Psychoanalytic Psychotherapy He is a member of the Association Bulgarian Psychoanalytic Space International Society of Applied Psychoanalysis and International Alliance of Holistic Therapists He is a lecturer on issues related to nutrition diet supplementation food and sports He is also a teacher and a lecturer in the field of psychology logic ethics law and philosophy He has been a school psychologist since 2017 He has been participating annually in scientific conferences on psychology psychotherapy dietetics and medicine His main interest

and practice are in the field of psychoanalysis and clinical psychology Final Words Thanks to all the readers who were interested in this book I tried to make a brief and enjoyable synthesis of some of the most influential theories in psychology related to Occupational Exhaustion Syndrome I hope that each of you is satisfied with the reading and has acquired new knowledge that will serve you both in work and life in general I hope that each one of you will be able to obtain the needed knowledge from this short guide and successfully apply if not every step described to deal with stress and syndrome at least those that give you confidence in their ability to help Best wishes Valentin Boyadzhiev

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