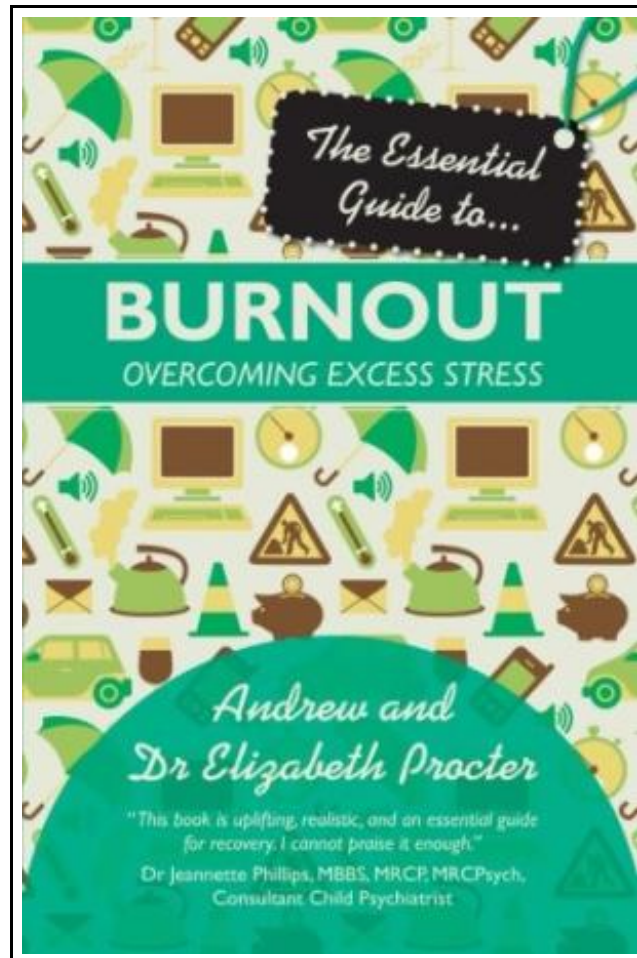


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Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, Essential Guide to Burnout: Overcoming Excess Stress (1st New edition), Andrew Procter, Elizabeth Procter, Increasing numbers of people are enduring huge levels of stress - economic pressures, family concerns, worries about jobs and health all contribute. And for many, the stress gets worse, increasing until they cannot even get out of bed to start the day. Their personality changes, their relationships become strained and before long they realize that they have hit burnout - their mind, body and spirit simply cannot take any more. It is preventable. This book enables the reader, wherever they are on the slope toward burnout, to overcome. If they are in the middle of it, it is the first step towards a full recovery and will provide the tools necessary to ensure that they never go back.



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