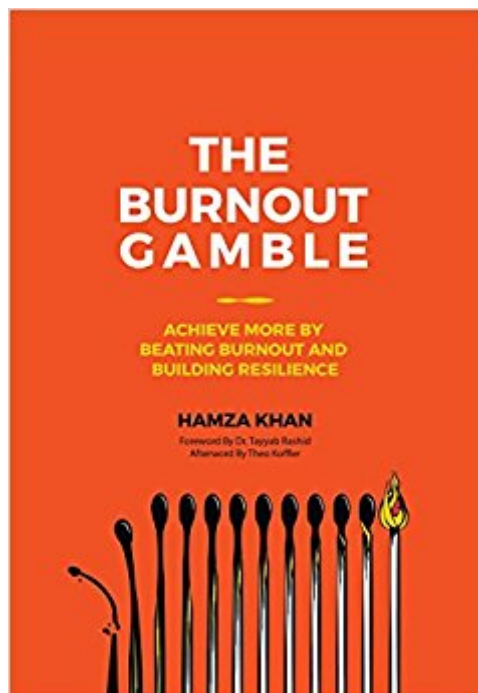




Ebook Directory
the best source of ebook

The book was found

The Burnout Gamble: Achieve More By Beating Burnout And Building Resilience



Synopsis

BURN BRIGHT, NOT OUT.ÂÂ Stress has been called the "Health Epidemic of the 21st Century" by the World Health Organization. It is estimated to cost North American businesses more than \$320 billion a year, and studies show we are working longer and harder than ever before, leaving very little time for much else. With everything competing for your time, energy, and attention, stress is unavoidable.ÂÂ But how do you manage stress without sacrificing the things you want to achieve in life and work? The Burnout Gamble is full of stories, tools and strategies to teach you how to conquer stress, beat burnout, and stay motivated.ÂÂ THIS BOOK HELPS YOU:ÂÂ - Recognize the 12 stages of burnout (and which ones you're going through).- Understand the negative consequences of stress on yourself and others.- Control your stress and recover from burnout.- Prevent burnout and achieve more using a simple 6-step solution.- Build resilience.- Learn from the mistakes of real entrepreneurs, executives, and employees just like yourself.- And much, much more!ÂÂ Imagine a version of yourself that is thriving, productive, and motivated. The Burnout Gamble will help you become that version of yourself.

Book Information

Hardcover: 318 pages

Publisher: Hamza Khan (August 8, 2017)

Language: English

ISBN-10: 1773700464

ISBN-13: 978-1773700465

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #1,868,646 in Books (See Top 100 in Books) #86 inÂÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Gambling #27034 inÂÂ Books > Self-Help > Personal Transformation

Customer Reviews

I think this is a book everyone should read once. When you become aware of the gradual signs of your own burnout and stress, you'll be better able to prepare or guard against it. For one reason or another, we're all facing huge levels of stress and I'm surprised there aren't more books on burnout. There is good advice in this book interlaced with compelling real life stories. We can all find ourselves in this book. Worth it.

Very useful information!

[Download to continue reading...](#)

The Burnout Gamble: Achieve More by Beating Burnout and Building Resilience
Dispatcher Stress: 50 Lessons on Beating the Burnout (Get The Nerve)
Resilience Engineering in Practice: A Guidebook (Ashgate Studies in Resilience Engineering)
Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential AND HOW YOU CAN ACHIEVE YOURS
Summary of Option B by Sheryl Sandberg and Adam Grant: Facing Adversity, Building Resilience, and Finding Joy
Building Resilience in Children and Teens: Giving Kids Roots and Wings
Option B: Facing Adversity, Building Resilience, and Finding Joy
Hydrologic Remote Sensing: Capacity Building for Sustainability and Resilience
Enlightened Aging: Building Resilience for a Long, Active Life
The Resilience Roadmap: A Guide to Building Your Ideal Business
Green Roof Retrofit: Building Urban Resilience (Innovation in the Built Environment)
Circus Maximus: The Economic Gamble Behind Hosting the Olympics and the World Cup
Jennifer L. Armentrout Books Checklist and Reading Order: Reading order of Lux series, Wait for You series, Titan series, Covenant series, Dark Elements series, Gamble Brothers, Frigid series
The Gamble: General Petraeus and the American Military Adventure in Iraq
Nasser's Gamble: How Intervention in Yemen Caused the Six-Day War and the Decline of Egyptian Power
Soldiers and Slaves: American POWs Trapped by the Nazis' Final Gamble
One Hell of a Gamble: Khrushchev, Castro, and Kennedy, 1958-1964: The Secret History of the Cuban Missile Crisis
Einstein's Unfinished Symphony: The Story of a Gamble, Two Black Holes, and a New Age of Astronomy
Einstein's Unfinished Symphony: The Story of a Gamble, Two Black Holes, and a New Age of Astronomy
Travel and Adventure vol 1: related: bunny,Botswana,locomote,Henri Cartier-Bresson,traveling,capital of italy,Henri Cartier-Bresson,gorgeous,gamble,pic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)