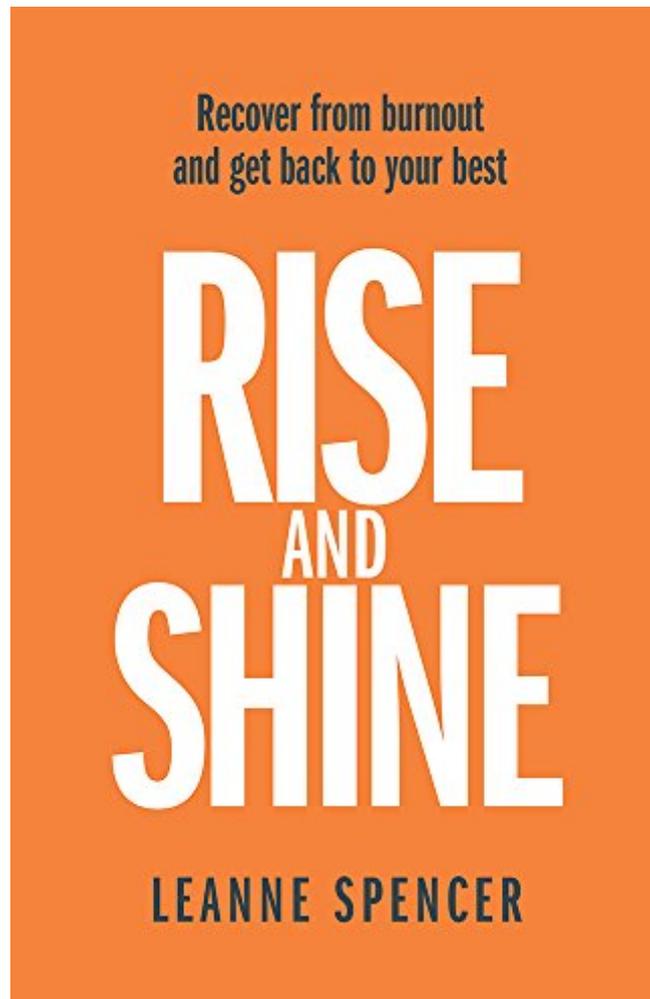


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Rise And Shine: Recover From Burnout And Get Back To Your Best



Synopsis

DO YOU FEEL THAT YOUR WORK/LIFE BALANCE IS MAKING YOU ILL? ARE STRESS-RELATED PROBLEMS, CHRONIC SICKNESS, ANXIETY OR DEPRESSION AFFECTING YOUR ABILITY TO SHOW UP AND DO YOUR JOB? PERHAPS YOU'RE ALREADY SUFFERING FROM BURNOUT. The good news is, you can and will recover, if you stop now, read this book and take action. In Rise and Shine, Leanne Spencer shares her proven RISE Method[™] to enable you to recover from professional burnout and go on to enjoy a happier, healthier life and career. Read this book and you will be able to:

- * Recognise the burnout warning signs and causes so you can regain control
- * Gain inspiration from real stories of people who have bounced back from burnout
- * Apply tried and tested techniques designed to help you make a full recovery
- * Adopt a balanced lifestyle and stay healthy and happy for the future.

This book is a must-read for any man or woman in a high-pressure environment, at any level. Whether you're just starting to see the tell-tale signs of burnout, or are already suffering its crippling effects, this book will help you to get clarity about where you currently are in life, and take the steps necessary to make a successful recovery.

Book Information

File Size: 466 KB

Print Length: 178 pages

Simultaneous Device Usage: Unlimited

Publisher: Rethink Press (November 26, 2015)

Publication Date: November 26, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B018MXJH1Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #629,726 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #177 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #427

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Customer Reviews

This book offers a model of burnout prevention through work-life balance. It suggests that exercise and mindfulness along with other activities within the book may be enough to lower or stave off burnout.

Very informative. Great book!

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Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good
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