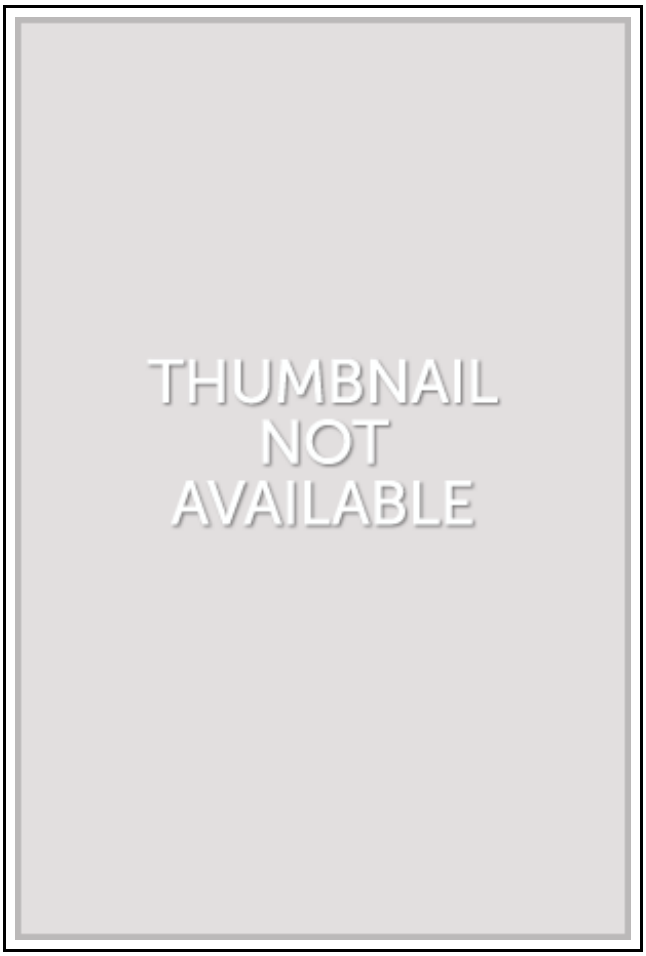
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Reviews

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STRESS AND BURNOUT - PROTECTING YOURSELF AGAINST A NERVOUS BREAKDOWN (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Introduction Chronic Fatigue Syndrome What Is a Burnout? Symptoms of Burnout Reasons for Burnout Wonder Woman (or Man)! Tackling Negative Feelings Tips to Manage Potential Burnout Simplify Emotional Demands Slowing Things down Conclusion Author Bio Publisher Introduction Stress is definitely not accommodated to be modern phenomenon. Man has been suffering from tension and stress, often down the millenniums and ancient medical treatises have spoken about different ways of curing mental strain, stress and tension. If you did not have soothing lotions to apply on your forehead, in ancient times in order to relax yourself, you could always de - stress yourself with a cup of red red wine. Unfortunately, that habit and tendency has continued down the ages and alcohol has become the most popular and common medium in order to get rid of tension and stress. Human beings already have a habit of biting off more than they can chew, just to prove something to themselves, or to prove something to the world. And when they find themselves incapable of achieving their goals, not only is this going to lead to self-doubt and possible low self-esteem, but they are also going to find themselves feeling stressed out and tense. Just look around you. How many of your colleagues, friends, acquaintances, relatives and enemies are showing symptoms of stress? Take the example of any of your friends who are really ambitious. They want to scale the heights of success in their professional life. They want to prove to their parents, family, and the world that they are the best, and the rest can go jump. They going to be confirmed workaholics. They may not have time to party,...

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