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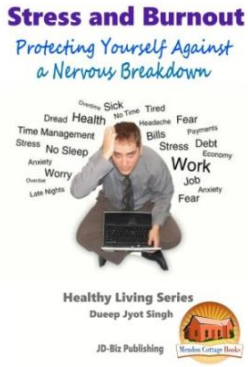
STRESS AND BURNOUT - PROTECTING YOURSELF AGAINST A NERVOUS BREAKDOWN



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...

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- Authored by Dueep Jyot Singh, John Davidson
- Released at 2015

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