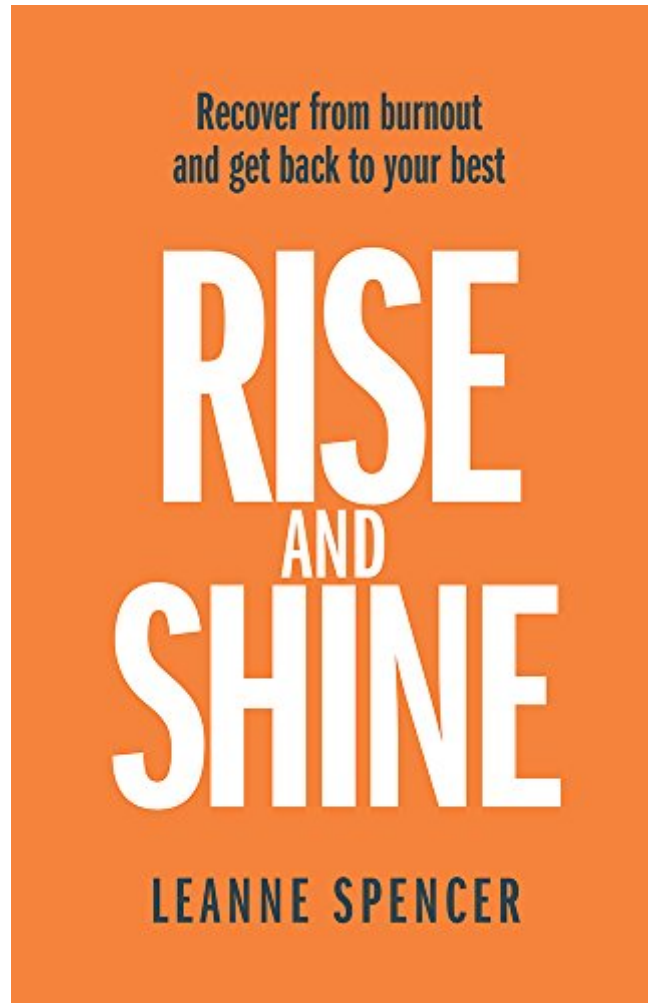


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# Rise And Shine: Recover From Burnout And Get Back To Your Best



## 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

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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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