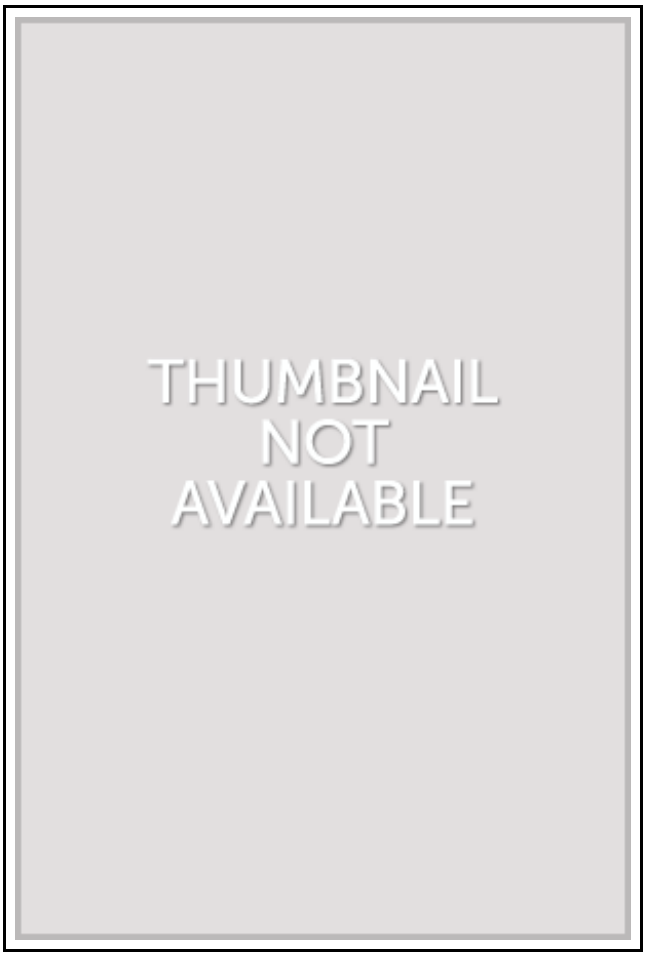
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(Dr. Travis Berge)

MY SUCCESSFUL WAY OUT OF BURNOUT: COME ON AMYGDALA, LETS DANCE. (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.I am a graduate engineer, work as a projectmanager and live in Germany. I had several simultaneous projects, my mother was very sick for 2 years and together with house building and private voluntary work it was too much. I burned out and everything collapsed around me This book shows my very private experience with burnout. It gives a view on the different phases, feelings and especially the mental development and steps. I felt helpless and lost thinking there is no way out, until I learned my lessons in rehabilitation. From thereon I had the key what and how I had to change in my thinking and behavior. The way back was hard and not straight, but successful at the end. Thank you God! Please find some comments on the book from readers. i think they describe it best in their own words. "With this book you give the reader a very personal insight into the circumstances which led to your burnout and show how you can overcome the misery by yourself. I can see the particular value of this for a reader who is possibly confronted with a similar situation." (H.-U.K.) "I am the managing director of a company and, as such, I have a lot of responsibility for my employees. I read the book and recommended it to an employee affected by this as well as her department" (M.G. from H.) "Thanks for this open and honest book!!! I think that it should not only be read by people at risk of burnout, but also by their partners and relatives". (A.U. from R.) "This book really got under my skin. The fears, anxiety...

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