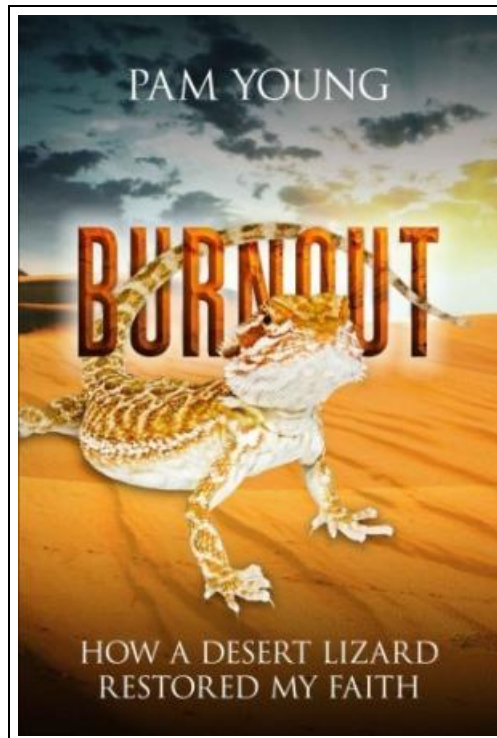


## Burnout: How a Desert Lizard Restored My Faith (Burnout to Bliss) (Volume 1)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 200 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Feeling stressed Burnt out Wondering if its not just the job but your entire life that sucks So was Dr. Young. Once a cheerful workaholic, suddenly she dreaded going to the job she once loved. She felt so trapped she frequently considered suicide. She couldnt seem to find a place where she felt she belonged or anyone who could see her. This is not a how-to-do-it book. It is the authors personal story of a time when her stress was so intense she felt like a walking time bomb. But she told no one about her experience. She just tightened the mask and blazed through her burnout while psychotic visions stoked the fire until she couldnt do her job anymore without getting help. Dr. Young finally called a psychiatrist. He told her she was having a spiritual crisis and that many ministers long for such experiences Because she could only afford 4 sessions, she reached out to alternative therapists that cost much less. But trying to heal extreme burnout while she was still working was like Band-Aids on a gushing wound no matter what kind of therapy was used. And she was too fearful about how she would survive without the job to leave it. Finally, it was the camping trip with a family of shamans in a foreign country that blasted through her fear. And, remarkably, it was a tiny desert lizard that restored her faith. Who was the book written for BURNOUT is for people who can relate to the topic either from personal experience or by knowing someone who has been through it. It is also for those who work in the mental health field counselors, psychologists,...



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