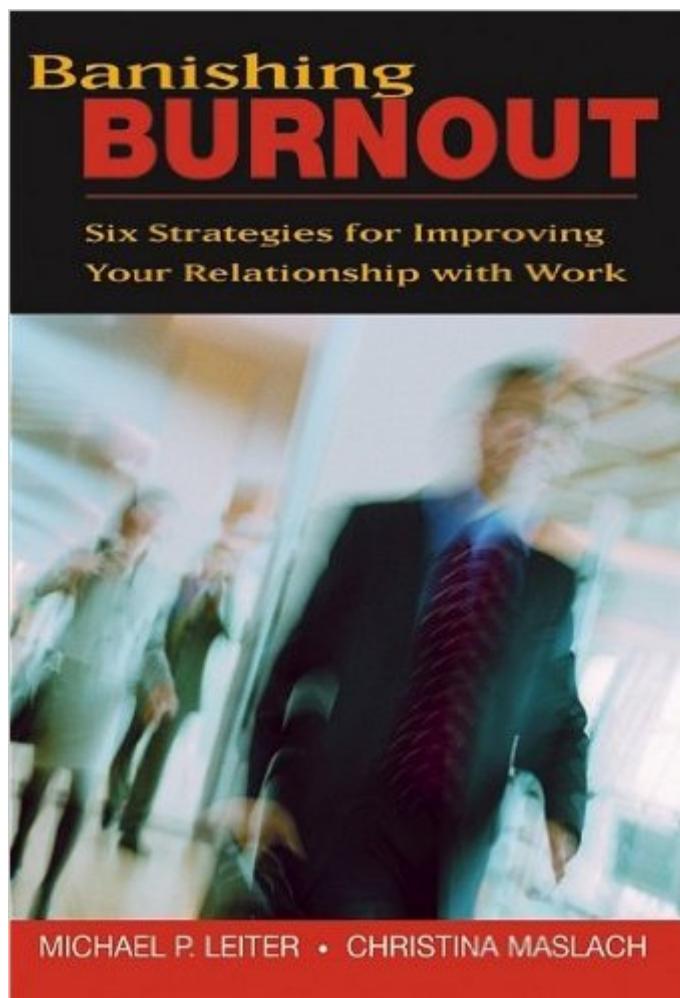


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# Banishing Burnout: Six Strategies For Improving Your Relationship With Work



## **Synopsis**

In this book Michael P. Leiter and Christina Maslach, the leading experts on job burnout prevention and authors of the landmark book *The Truth About Burnout*, outline their revolutionary new program for helping everyone in the workplace overcome everyday stress and pressures and achieve their career goals. *Banishing Burnout* includes the authors' unique and highly effective Work Life self-assessment test and a customized plan for action that will help transform the individual's relationship with work and overcome job burnout. The authors outline their proven action plan, which shows how to establish core values, set a personal direction, engage other people, initiate a realistic plan of action, make an impact, and achieve career goals. The book is filled with illustrative case examples from a wide variety of organizations, including corporations, health care institutions, universities, and nonprofit organizations. Each case demonstrates how the use of the Work Life self-survey and the individualized action plan can result in dramatic changes in the daily workplace experience and advance career development.

## **Book Information**

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## **Customer Reviews**

If you are experiencing burnout, the last thing you need is to slog through this book. Its main flaw is that the authors fail to recognize and respect the limited control that a single worker has over his or her workplace. For example, in the chapter on respect, the authors suggest that one confront a coworker who has made an offensive joke to educate him or her regarding his or her insensitivity. If that doesn't work, then tell the supervisor. If that doesn't work' then file a formal complaint. If these suggestions actually worked, then I'd say you work in a pretty enlightened work place and don't

need this book. More likely than not, however, these suggestions don't fit your work place, and you are \$10 poorer for having bought this book. I would have preferred suggestions that are more within the realm of my control and my abilities than to depend on other people or the company to become more responsive to the problems I am experiencing. Lastly, the quiz that you are supposed to take to categorize the nature of your burnout did not translate well to the Kindle format.

This is great book! I read a couple of others and this one really stood out. I found that the focus was more on the issues that we all are subjected to and the things you can do to prevent get burned-out. It really solidified the reality that we find ourselves in. Further, understanding that I'm not the only one that feels this way was a great relief.

This is a wonderful book! First of all, it's very well written and is easy to follow. Secondly, it does an amazing job of revealing how dangerous burnout is and what it can do to us in our work lives. Make your New Year's resolution a smart one and read this book. I speak on stopping burnout to diverse groups--many in the assisted living industry where burnout is alive and well--and the solid research that this book provides helps groups understand that burnout can't be ignored without paying a high price.

This book helps readers understand the hazards of professional burnout and suggests ways to improve your attitude toward work. In today's society, it is easy to become overworked and burnt out, and this text not only validates the normalcy of overwork, but offers suggestions for how to better find balance in life.

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