



Ausgepowert?: Hilfen bei Burnout und Stress (Whitebooks) (German Edition)

Axel Koch, Stefan Kühn

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Burnout kann jeden betreffen der Grad zwischen Höchstleistung und Erschöpfung ist schmal. Spaß bei der Arbeit und Engagement sind Demotivation und Lustlosigkeit gewichen? Sie haben längst die innere Kündigung ausgesprochen? Ihre Gesundheit leidet? Nehmen Sie solche Alarmsignale ernst und handeln Sie rechtzeitig. Rat und Anleitung finden Sie in diesem Buch. Es beschreibt die Merkmale unterschiedlicher Formen von Burnout und nennt geeignete Sofortmaßnahmen. Zahlreiche Fallbeispiele und Übungen vertiefen die praxisnahe Darstellung.

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