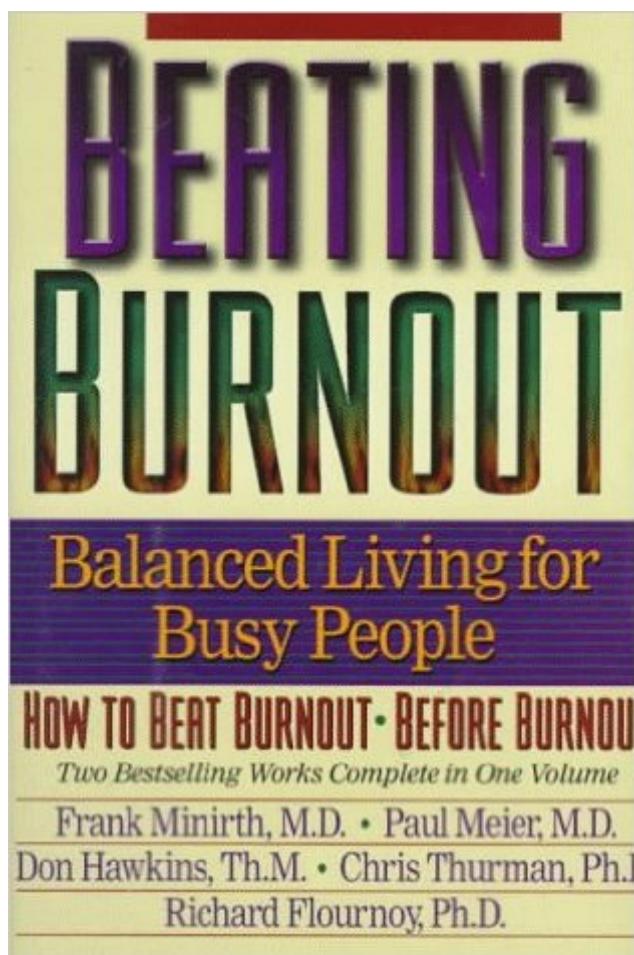


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# Beating Burnout : Balanced Living For Busy People : How To Beat Burnout, Before Burnout



## **Synopsis**

Contains two well-known volumes--How to Beat Burnout and Before Burnout--written by Christian psychologists from the Minirth-Meier Clinic and featuring lasting solutions to stress and burnout.

## **Book Information**

Hardcover: 352 pages

Publisher: Bristol Park Books; 1st edition (February 1997)

Language: English

ISBN-10: 0884861627

ISBN-13: 978-0884861621

Product Dimensions: 8.6 x 5.9 x 1.3 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 starsÂ  [See all reviewsÂ \(4 customer reviews\)](#)

Best Sellers Rank: #1,387,209 in Books (See Top 100 in Books) #40 inÂ Books > Business & Money > Business Culture > Health & Stress #1592 inÂ Books > Christian Books & Bibles > Christian Living > Business & Professional Growth #46598 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling

## **Customer Reviews**

This book is practical, readable, and worthwhile. Even if you're so burned out you can hardly face another book, this one is worth the time! Lots of case histories and real life examples, so you know the authors have dealt with real people. Very solid biblical foundation. Non-technical explanations make it easy reading for anyone. Solid, practical suggestions for avoiding or escaping burnout. This is two books put together in one volume. Reading this book helped me identify the strengths and weaknesses, as well as the potential hazards of my own personality type. Best book on the subject I've seen.

"Beating Burnout" is actually a compilation of 2 titles: "How to Beat Burnout" (around 150 pages) and "Before Burnout" (also around 150 pages). Both titles contain great information for the person either experiencing or wants to recover from burnout. Among the topics covered in "How To Beat Burnout" include:1. Having more realistic expectations will lead to less chance of burnout.2. If you think you'll be fired for wanting to spend ample time with God, family, rest, and relationships, then you are probably in the wrong job.3. What the Lord leads us to do is not always the same thing as what we want to do for Him.4. Jesus often instructed His disciples to take a break.5. Suggestions for

helping the emotional and spiritual aspects of your burnout. Among the topics covered in "Before Burnout" include: 1. God values things such as: rest, relationships, and waiting. God is the only One Who should be in control. 2. Suggested steps for beating burnout. 3. Living each day in God's presence will help us deal with burnout. 4. Loving God and other people unconditionally greatly helps us in solving our relational issues. 5. Priorities that Jesus exhibited. Jesus devoted much time to solitude. The authors are highly educated people but write in a style that will grab your interest and help you understand burnout. Whether you are suffering with or want to take actions to avoid burnout, the title is a good and encouraging read. Recommended.

This book offers two best-sellers in one volume, a potent double dose of medicine for the overwhelming stress that leads to the complete physical, mental and spiritual exhaustion that can destroy your life. You will get a clear analysis of the cause and symptoms of burnout and a lasting solution that is firmly based on biblical truth. You can't escape stress, but you can keep it from getting you down. With the powerful guidance found in this book, you will be able to rediscover your passion for life, enjoy your relationships and accomplishments, and learn how to really relax. This is your ultimate roadmap to recovery.

Your view of this book is likely to depend on your religious outlook on life. The book is full of Bible-Quotes. It uses biblical personalities and settings as examples for burnout and the things that bring burnout about. Of those examples that do not figure biblical personalities, at least half have some strong connection to the church. Personally, I feel that a book that deals with a clinical psychological issue, such as burnout, should rely on academic research and reasoning. That is missing here. Time and again the bible is taken as the source of all truth and the author's interpretation as our guiding line for doing things in life. Especially the latter makes it very difficult reading for people with academic training who are used to take a critical view of unsubstantiated statements.

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