



Joy of Burnout: How Burning Out Unlocks the Way to a Better, Brighter Future

Dina Glouberman

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Burnout is reaching epidemic proportions throughout the adult population. Yet, although universally thought of as the curse of our fast-paced, frenetic, stressful lifestyle, it can actually be a life-saver. "The Joy Of Burnout" reveals just how this debilitating condition can be the key to reclaiming our personal joy. In this ground-breaking book, Dr Dina Glouberman explains that burnout happens when the love or meaning for what we are doing is lost, but the attachment to it drives us to stay in our rut. Although defined by its joylessness, experiencing burnout is actually a positive step - alerting us to the fact that we are not being true to ourselves and providing us with the impetus to redirect our lives for joy. Uncovering the process of burnout, Dina shows us how we can use the experience to turn our lives around. For those who are at burnout, or in danger of becoming so, this practical, challenging guide will provide an invaluable companion to help you rise from the ashes of your former self.

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