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Autore	Pigni Alessandra
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Nota di contenuto	Title Page -- Copyright -- Dedication -- Contents -- Foreword by Dr. Hugo Slim -- Introduction: Burning Without Burning Out -- Part One: Burnout and Meaningful Work -- 1: What is Burnout? -- 2: Burnout Recipe -- 3: Four Things and the Abcs of Burnout Prevention -- 4: Musings on Becoming A Boiled Frog -- 5: Burnout is Our Lifestyle -- 6: The Exhaustion Funnel: Work, Burnout, and Lessons from Mindfulness -- 7: Better Malaria than Burnout -- 8: Burnout is not Just too Much Stress -- 9: Falling Out of Love -- 10: The Antidote to Burnout -- 11: When Self-Care is not Enough -- 12: The Trouble with Meaning -- 13: What we Control? -- 14: How to Heal? -- 15: Finding Your Rhythm -- 16: Meaning and Joy -- 17: Day in and Day Out -- 18: Humanity -- 19: Mindfully Exhausted: "I'm Exhausted Therefore I Am" -- 20: Presenteeism and Burnout -- 21: Post Burnout Growth -- 22: Workaholics Anonymous: Reaching a Breaking Point -- 23: The Elephant(s) in the Room
Sommario/riassunto	The Idealist's Survival Kit by Alessandra Pigni is a guide aimed at individuals in the humanitarian sector and other helping professions, addressing the pervasive issue of burnout. The book offers practical advice on self-care and maintaining resilience while engaging in demanding work environments. Through personal anecdotes, mindfulness techniques, and reflections, Pigni emphasizes the

importance of self-empathy and balance to sustain long-term effectiveness in humanitarian efforts. The book targets humanitarian workers, activists, and those in caring professions, providing insights into managing the emotional and psychological challenges of their roles.

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