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Sommario/riassunto	A timely and incisive resource for business leaders and people managers struggling with complacency and burnout in this rapidly evolving world of work Facing the challenges of global cultural, commercial, political, and technological shifts, managers are in dire need of strategies to move from survival to revival. Burnt Out to Lit Up: How to Reignite the Joy of Leading People by Daisy Auger-Dominguez illuminates the often overlooked and difficult aspects of management and offers a lifeline for managers struggling to adapt and thrive. Crafted by a seasoned executive with experience at companies like Disney, Google, and VICE Media, this book delivers a rich blend of inspiration and practical tools for today's managers. Through a compelling mix of personal anecdotes, research-backed insights, and actionable strategies, Auger-Dominguez walks business leaders and

people managers down a path designed to reignite the passion and drive necessary for effective leadership. This book is for you if your work life leaves you seeking: Rest, inspiration, and a renewed enthusiasm for your work Techniques to help managers understand themselves, each other, and the members of their teams Strategies for dealing with, and helping your teams deal with, unexpected and dramatic workplace upheavals - be they layoffs, organizational shifts, financial restructurings, global health crises, and more Tactics to reignite your own passion for your role and share your enthusiasm with your teams in an approach that motivates and uplifts Whether you're leading a small team or an entire organization, this book is the roadmap you need to overcome obstacles, re-energize your leadership, and achieve new levels of success. Discover how to transform your approach to management and create a more engaged, motivated, and thriving workplace with *Burnt Out to Lit Up*.

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