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Titolo	The Rest Revolution : How to Reclaim Your Rhythm and Conquer Burnout When Overworking Has Become the Norm
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Descrizione fisica	1 online resource (237 pages)
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Soggetti	Work-life balance Burn out (Psychology) Stress management Workaholism Job stress
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Sommario/riassunto	Navigate the competitive work landscape, redefine your approach to ambition, and reclaim your rhythm beyond burnout. In a culture that values productivity as a sign of success, many professionals are on the verge of burnout, pushed—sometimes unconsciously and other times overtly—to keep working, keep producing, and keep reaching new heights at an unsustainable pace, often at the expense of their physical and mental wellbeing. In The Rest Revolution, executive and personal branding coach Amanda Miller Littlejohn shows readers how to restore themselves after burnout, and navigate the rigors of competitive work without sacrificing self. Creative, prescriptive, and insightful with everything you need to reshape your approach to work and rest, The

Rest Revolution is a deep dive into the causes of burnout, and an essential read for everyone looking to rise above workaholism while still achieving great heights in work, business, and life.
