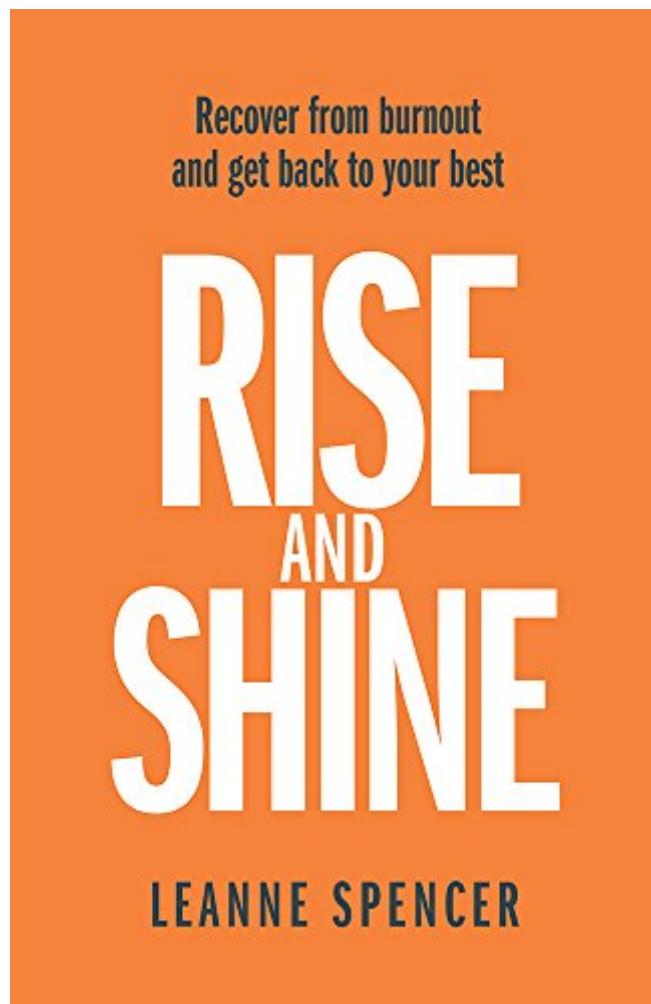


The book was found

# Rise And Shine: Recover From Burnout And Get Back To Your Best



## **Synopsis**

DO YOU FEEL THAT YOUR WORK/LIFE BALANCE IS MAKING YOU ILL? ARE STRESS-RELATED PROBLEMS, CHRONIC SICKNESS, ANXIETY OR DEPRESSION AFFECTING YOUR ABILITY TO SHOW UP AND DO YOUR JOB? PERHAPS YOU'RE ALREADY SUFFERING FROM BURNOUT. The good news is, you can and will recover, if you stop now, read this book and take action. In *Rise and Shine*, Leanne Spencer shares her proven RISE Method™ to enable you to recover from professional burnout and go on to enjoy a happier, healthier life and career. Read this book and you will be able to:  
\* Recognise the burnout warning signs and causes so you can regain control  
\* Gain inspiration from real stories of people who have bounced back from burnout  
\* Apply tried and tested techniques designed to help you make a full recovery  
\* Adopt a balanced lifestyle and stay healthy and happy for the future. This book is a must-read for any man or woman in a high-pressure environment, at any level. Whether you're just starting to see the tell-tale signs of burnout, or are already suffering its crippling effects, this book will help you to get clarity about where you currently are in life, and take the steps necessary to make a successful recovery.

## **Book Information**

File Size: 466 KB

Print Length: 178 pages

Simultaneous Device Usage: Unlimited

Publisher: Rethink Press (November 26, 2015)

Publication Date: November 26, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B018MXJH1Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #629,726 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related Health #177 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #427 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental

## Customer Reviews

This book offers a model of burnout prevention through work-life balance. It suggests that exercise and mindfulness along with other activities within the book may be enough to lower or stave off burnout.

Very informative. Great book!

[Download to continue reading...](#)

Rise and Shine: Recover from burnout and get back to your best The Break Up Manual for Men: How to Recover from a Serious Break Up, Become Stronger and Get Back into Life The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good Get Your Ex Back: The 4 Things Your Ex Needs You to Do to Get Back Together Rise and Shine: Awaken Your Energy Body with Taoist Alchemy and Qi Gong How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4) How to Get Your Ex Back Fast: Toy with the Male Psyche and Get Him Back with Skills Only a Dating Coach Knows Diabetes Burnout: What to Do When You Can't Take It Anymore Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) The Burnout Society Burnout (A Jessie Black Legal Thriller) (Jessie Black Legal Thrillers Book 1) How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Heal Your Self: How to Diagnose the Real Cause of your Pain and Recover Full Health Naturally Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Tinnitus: The Safe and Easy Way to Cure Tinnitus With Easy-To-Do Homemade Remedies and Treatments - Stop Ear Ringing & Recover Your Hearing Naturally! ... Stop Ear Ringing, Tinnitus Treatment) Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET-Heal Your Gut Too! Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life

[Dmca](#)