

# The HBR Guide to Beating Burnout: Revitalize Yourself and Your Career

Burnout is a serious problem that can affect anyone, regardless of their job or industry. It can lead to physical, emotional, and mental exhaustion, and it can have a devastating impact on your career and personal life.



## HBR Guide to Beating Burnout by Harvard Business Review

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1743 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 192 pages



The HBR Guide to Beating Burnout provides actionable strategies and expert insights to help you overcome burnout, revitalize your career, and regain your zest for life. This book is based on the latest research on burnout, and it offers practical advice that you can use to:

- Identify the signs and symptoms of burnout
- Understand the causes of burnout
- Develop strategies to prevent burnout
- Cope with burnout if you're experiencing it

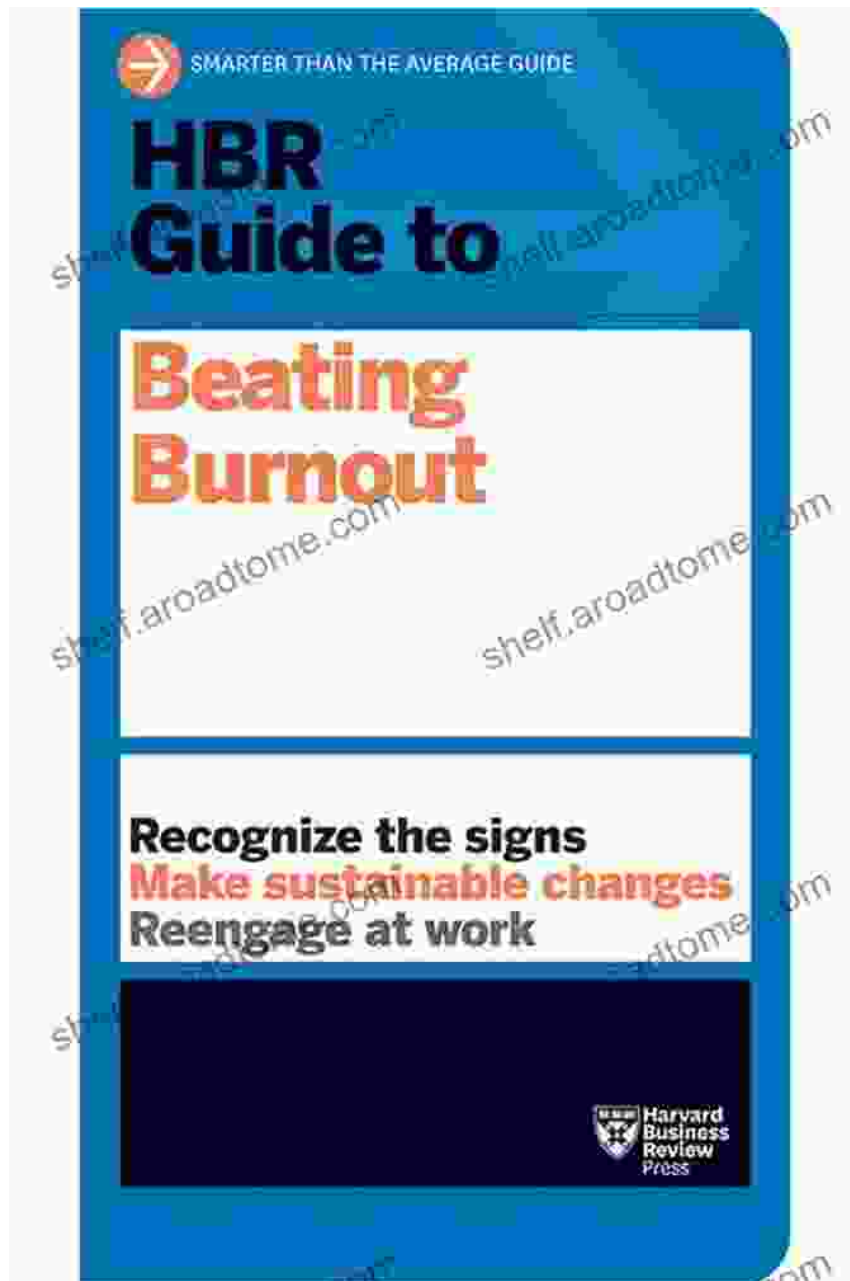
- Build resilience to future burnout

The HBR Guide to Beating Burnout is an essential resource for anyone who wants to overcome burnout and live a more fulfilling life. This book will help you:

- Improve your work-life balance
- Reduce stress
- Increase productivity
- Boost creativity
- Enhance your overall well-being

If you're ready to beat burnout and revitalize your life, then The HBR Guide to Beating Burnout is the book for you.

Buy The HBR Guide to Beating Burnout today

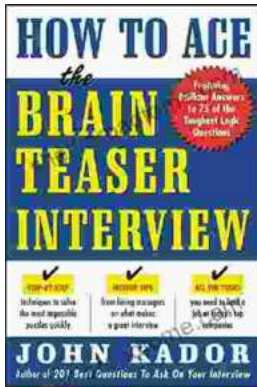


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