

In It For The Long Haul: Overcoming Burnout and Passion Fatigue as Social Justice Change Agents

Pages: 134

Publisher: Difference Press (July 30, 2017)

Format: pdf, epub

Language: English

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Stop burning out! Reclaim your energy to create meaningful change!

Feeling exhausted and overwhelmed by the urgent need for change, yet sometimes stuck in hopelessness and despair? Are you running on empty, having to push yourself to keep going? Are you afraid you might burnout or slowly fade away from passion fatigue? Then this book is for you. Through engaging stories and practical tips and tools you'll learn how to:

Recognize the warning signs you're burning out

Take better care of yourself AND spark real change in the world

Recommit to self-care so you can be of greater service

Navigate the backlash and self-sabotage you'll inevitably face

Avoid burnout and passion fatigue while maintaining a high level of energy, passion, and persistence year after year

The world needs more passionate, committed change agents who can go the distance, not flame out in an all-out sprint. Read this book to find out how to recreate your life to sustain your impact in the world over the long haul.

In It For The Long Haul Overcoming Burnout And Passion - In It For The Long Haul: Overcoming Burnout and Passion Fatigue as Social Justice Change Agents; Kathy Obear; 5.0 stars (31); \$0.00; \$7.99 to buy The Teacher's Manifesto: A Cry of Justice for All by Krishna Madan Permission to Roar: for Female Thought Leaders Ready to Write their Book by Marni Freedman. In It For The Long Haul Overcoming Burnout And Passion - The Book of Awakening: Having the Life You Want by Being Present to the Life You Have, by Mark Nepo PhD For everyone who can't say no, practical strategies for making long-lasting change In It For the Long Haul: Overcoming Burnout and Passion Fatigue as Social Justice Change Agents, by Kathy Obear Directed Stamp Album - bsutyia.asso.st - In It For The Long Haul: Overcoming

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