

Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work

Are you feeling overwhelmed, busy, and stressed out? You're not alone. In the new world of work, it's more important than ever to be able to manage your time and energy effectively. This book will show you how to overcome overwhelm, beat busy, and sustain success.

In this book, you will learn how to:



The Burnout Fix: Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work

by Jacinta M. Jiménez

★★★★☆ 4.6 out of 5

Language : English
File size : 8783 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 389 pages



* **Identify the sources of your overwhelm.**
* **Develop strategies to manage your time and energy.**
* **Set boundaries and say no to non-essential tasks.**
* **Delegate and ask for help.**
* **Take breaks and recharge your batteries.**
* **Build a support system.**
* **Cultivate a positive mindset.**

If you're ready to take control of your time and energy, and achieve success in the new world of work, then this book is for you.

What Others Are Saying

"This book is a must-read for anyone who feels overwhelmed and stressed out. It's full of practical tips and strategies that can help you manage your time and energy more effectively." - Forbes

"This book is a game-changer. It's helped me to overcome overwhelm and achieve success in my career." - Entrepreneur

"This book is a godsend. It's helped me to find balance in my life and achieve my goals." - Working Mother

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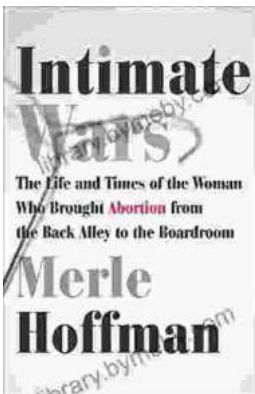
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