

Burnout, the Cost of Caring, 1982, 192 pages, Christina Maslach, 013091231X,
9780130912312, Prentice-Hall, 1982

Are you in the position of taking care of others? Helping them? Teaching them? Are you in the business of being a professional caregiver, or have you become one informally because friends, family, and others put you in that position? Do you feel that all your caring, all your efforts to make things right take too much out of you? That no one really appreciates all that you do? If so, you could be among the many caregivers suffering from the burnout syndrome. Is it as hopeless as it seems? No -- for now Christina Maslach, the leading pioneer in research on burnout, offers the help you've been searching for. Using illustrative examples and first-hand accounts, she points out what causes the feeling of emotional exhaustion, the callous indifference to people's problems, and the sense of inadequacy about one's ability to help and relate to others. Written for everyone who has extensive contact with other people in his or her work and personal life, this insightful guide will help you understand burnout and show you how to beat it. Guaranteed to give new ideas and a fresh perspective, it is one book that can help restore your compassion for others and your pride in helping them. Book jacket.

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