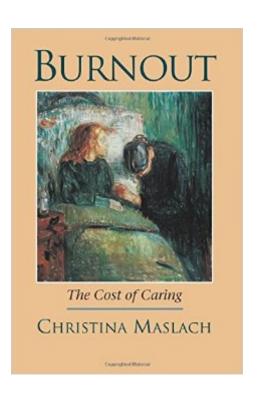
## The book was found

# **Burnout: The Cost Of Caring**





### **Synopsis**

This book shows how to recognize, prevent and cure burnout syndrome for nurses, teachers, counselors, doctors, therapists, police, social workers, and anyone else who cares about and for people. Christina Maslach, the leading pioneer in research on burnout, offers help using illustrative examples and first-hand accounts. She points out what causes the feelings 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.

#### **Book Information**

Paperback: 302 pages

Publisher: Malor Books (August 1, 2003)

Language: English

ISBN-10: 1883536359

ISBN-13: 978-1883536350

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews (8 customer reviews)

Best Sellers Rank: #144,102 in Books (See Top 100 in Books) #16 in Books > Textbooks >

Medicine & Health Sciences > Allied Health Services > Caregiving #78 in Books > Medical Books

> Psychology > Occupational & Organizational #1749 in Books > Medical Books > Nursing

#### **Customer Reviews**

I'm sorry to see that this book is out of print, because it's even more pertinent today than when it was first written. The author describes the problem of "burnout" common in people in the helping professions, and points out that its causes come from the work environment rather than the individual. This is in contrast to most other studies of burnout, which view it as strictly the individual's problem and thus something to be treated on the individual level. She identifies the institutional problems that can lead to burnout -- e.g., excessive workloads and lack of control -- and offers suggestions on how to improve the work environment. In the era of "managed care," underfunded schools, and lack of support (financial and emotional) for people in the helping professions, her advice is more important than ever. Her 1997 book is excellent, but it focuses more on corporations, while I think the helping professions still have the worst problems with burnout. The writing in this book is more heavily "academic," but it's a thorough and believable study, and still very much worth reading.

This book is amazing. It provides a nearly uncanny insight of problems faced by so many of usl felt as though someone was reading my mindlt helped me to reflect and to understand and forgive myself tool am very thankful I read it and I wish I had done it a few tears ago

Christina Maslach has written a clear and comprehensive analysis of the phenomenon known as burnout. This book is highly recommended for anyone interested in the topic and it is a "must have" for one's library.

This is a classic book on burnout and it's impact to the helping professionals.

Maslach is THE expert on Burnout!!

The book gave me a good understanding of the causes and symptoms of burnout, but I found it very tedious to read. It was almost like reading a dictionary or encyclopedia.

Love it.

muy buen libro , excelente , super recomendado para medicos y enfermeras y mas si trabajas en institucion y mas si es en imss, super buen libro muy util , muy orientador , te describe exactamente lo que nos sucede muchas veces y no nos damos cuenta

#### Download to continue reading...

Beating Burnout: Balanced Living for Busy People: How to Beat Burnout, Before Burnout Burnout: The Cost of Caring Rsmeans Assemblies Cost Data: Assemblies Cost Data RSMeans Concrete and Masonry Cost Data 2016 (Rsmeans Concrete/Masonry Cost Data) RSMeans Building Construction Cost Data 2012 (Means Building Construction Cost Data) RSMeans Heavy Construction Cost Data 2012 (Means Heavy Construction Cost Data) Cost Management and Control in Government: A Proven, Practical Leadership Driven Management Approach to Fighting the Cost War in Government (Managerial Accounting Collection) Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Reset Your Diet Now and Say Goodbye to Adrenal Fatigue Forever) The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals The Happy, Healthy Nonprofit: Strategies for Impact without Burnout Banishing

Burnout: Six Strategies for Improving Your Relationship with Work Reclaiming the Fire: How Successful People Overcome Burnout Toxic Work: How to Overcome Stress, Overload and Burnout and RevitalizeYour Career Overcoming Job Burnout Beat Sales Burnout: Maximize Sales, Minimize Stress Toxic Work: How to Overcome Stress, Overload, and Burnout and Revitalize Your Career Preventing Job Burnout, Revised Edition: Transforming Work Pressures into Productivity (Fifty-Minute Series) Save America's Windows: Caring for older and historic wood windows. Second Skin: Choosing and Caring for Textiles and Clothing Listening and Caring Skills in Ministry: A Guide for Groups and Leaders

<u>Dmca</u>