



Burnout: The Cost of Caring

Christina Maslach

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This reprint of the pioneering work of Christina Maslach offers new ideas and fresh perspectives on understanding burnout. Illustrated with numerous first-hand accounts and examples of burnout, the book explains what causes the feeling of emotional exhaustion, the sense of indifference to other people's problems, and the formation of the belief in one's inability to help and relate to others. This insightful guide is written for everyone who has extensive contact with other people in his or her work and personal life, and it will help show people how to beat burnout.

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