

RECLAIMING THE FIRE



HOW SUCCESSFUL PEOPLE
OVERCOME BURNOUT

DR. STEVEN BERGLAS

Reclaiming The Fire How Successful People Overcome Burnout

Steven Berglas



Reclaiming The Fire How Successful People Overcome Burnout:

Reclaiming the Fire Steven Berglas, 2001-07-03 The definitive work on avoiding burnout written by the psychologist who is the leading specialist on the issue An illuminating and useful book for anyone coping with the pressures of work In Reclaiming the Fire Dr Steven Berglas analyzes the rises and falls of corporate executives middle managers lawyers entrepreneurs and others as they struggle to handle the trappings of successful careers How does one deal with encore anxiety the monotony of having to use talents that are no longer psychologically rewarding Why is it that our national obsession with wealth traps people in careers that often lead them to wonder Is that all there is And why do highly successful people often set themselves up for disastrous falls Dr Berglas answers all these questions and many more in this groundbreaking book by discussing real people whose careers have left them feeling pressured burdened and jaded In his most progressive and striking contribution to the literature on career success Dr Berglas debunks the persistent myth that women suffer more stress and burnout than men He disproves the common claim that women involved both in careers and in family life suffer from trying to have it all and he demonstrates how the drive to form close interpersonal ties a drive that is intrinsic to women can actually prevent both men and women from experiencing burnout In a related analysis of the mentoring process Dr Berglas shows why it is more important for careerists to build legacies for future generations a process he terms generativity than to become obsessed with their own personal success He proves that the process not only benefits the student but provides the mentor with psychological satisfaction and even improved physical health Reclaiming the Fire uses the working world not the psychiatric couch as a venue for understanding the psychological and emotional burdens of success It is the first comprehensive account of how to balance self esteem and ambition while maintaining challenge and stimulation throughout your career Reclaiming the Fire provides insight into Why baby boomers are currently suffering an epidemic of career dissatisfaction Why women are uniquely suited to cope with the pressures that cause men to suffer burnout and what men can learn from them How to escape golden handcuffs the workaholic devotion to a job that is no longer emotionally satisfying How to cope with anger that threatens to sabotage your career How all professionals can identify the passions that will allow them to sustain and enjoy success throughout their lives Stay Hungry & Kick Burnout in the Butt Steven Berglas, 2018-09-18 One of the foremost authorities on career guidance Dr Steven Berglas shows you how to find passion and renewed energy through your work Most Americans today are frustrated that no matter how much emotional currency they invest in the work they are trying to do well each day leaves them disappointed depleted and distressed Dr Berglas has spent more than 25 years studying this phenomenon while a faculty member at Harvard Medical School s Department of Psychiatry and as an Adjunct Professor at USC s Marshall School of Business He has devoted four decades to helping high earning clients derive psychological rewards from work Berglas clients range from CEOs and other C Level executives to professional athletes lawyers politicians and artists In STAY HUNGRY KICK BURNOUT IN THE BUTT

Berglas explores what causes people to suffer psychological burnout and how to prevent it Specifically Berglas walks you through a program that enables you to identify passions and harness the energy already within you to fuel psychologically gratifying professional pursuits Debunking common myths Dr Berglas knows there s no one size fits all solution to any psychological problem which is why he will help you identify your core passion and then offer clear actionable advice on how to harness it to live a happier and more fulfilling life guided by purpose *In It for the Long Haul* Glenn E.

Ludwig,2002-01-01 When pastors and congregations come together in ministry they generally do so with the hope that the relationship will be long lasting and dynamic The reality however is that long term pastorates are an increasingly rare phenomenon in congregations While there are many reasons that most pastors can only sustain their ministries in a parish for a relatively limited number of years Glenn Ludwig argues that this does not have to be the case if both pastors and congregations take deliberate steps toward an enduring friendship The Encyclopedia of Stress and Stress-Related Diseases, Second Edition

Ada P. Kahn,2006 Presents information on stresses in the environment their causes effects and possible ways to minimize or eliminate them *Supervision in Educational, Social and Medical Services Professions*

Georgeta Rață,2013-07-26 Supervision in Educational Social and Medical Services Professions investigates both theoretical and practical aspects of stress burnout and brain drain the need for supervision the benefits of professional supervision and the most common types of supervision and provides a definition of the supervisor and their role in educational social and medical professions The book also presents quantitative research on a sample of 400 professionals educators medical assistants psychologists and social workers aimed at identifying the need for supervision the understanding and acceptance level of supervision the advantages of supervision as well as the burnout and brain drain levels of professionals supplying direct services to their clients The book is the result of a postdoctoral grant and will appeal to a wide range of professionals such as social workers psychologists medical assistants and doctors teachers researchers as well as to all those interested in the field of social work and willing to develop professionally and personally High Octane Women Sherrie Bourg Carter,

M.D.,2011-02-02 In this authoritative well researched book full of helpful insights and practical advice a psychologist draws on more than 15 years experience and expertise in stress management to explore the unique challenges that high achieving women face and how they can avoid burnout **Counting Our Losses** Darcy L. Harris,2011-01-19 This text is a valuable

resource for clinicians who work with clients dealing with non death nonfinite and ambiguous losses in their lives It explores adjustment to change transition and loss from the perspective of the latest thinking in bereavement theory and research The specific and unique aspects of different types of loss are discussed such as infertility aging chronic illnesses and degenerative conditions divorce and separation immigration adoption loss of beliefs and loss of employment Harris and the contributing authors consider these from an experiential perspective rather than a developmental one in order to focus on the key elements of each loss as it may be experienced at any point in the lifespan Concepts related to adaptation and coping with

loss such as resilience hardiness meaning making and the assumptive world transcendence and post traumatic growth are considered as part of the integration of loss into everyday life experience **CIO** ,2001-07-01 *From Engineer to Manager* B. Michael Aucoin,2002 If you are looking for a lively down to earth experience in the journey to innovative engineering management this is definitely the book for you The author s 20 plus year perspective indicates that while most engineers will spend the majority of their careers as managers most are dissatisfied with the transition Much of this frustration is the result of lack of preparation and training This book gives you a solid grounding in the critical attitudes and principles needed for success *Handbook of Addictive Disorders* Robert Holman Coombs,2004-04-28 The most comprehensive source for the latest research and practice techniques for diagnosing and treating addictive disorders This book brings together an array of international experts on addictive disorders Robert Coombs s Handbook of Addictive Disorders discusses the contemporary issues surrounding the understanding of addiction from diagnosis to treatment of an addicted client The Handbook of Addictive Disorders is an example of practical and clinical information at its best Lorraine D Grymala Executive Director American Academy of Health Care Providers in the Addictive Disorders The Handbook of Addictive Disorders A Practical Guide to Diagnosis and Treatment is a comprehensive state of the art resource featuring valuable contributions from a multidisciplinary team of leading experts This unique guide deftly defines addiction and examines its comorbidity with other problems Subsequent chapters present an overview of addictive disorders coupled with strategies for accurately diagnosing them planning effective treatment and selecting appropriate interventions Chapters on public policy and prevention are of indispensable value in light of this growing health concern The only reference available to cover the full spectrum of addictions and addictive behaviors the Handbook of Addictive Disorders provides the most current research and treatment strategies for overcoming Chemical dependency Workaholism Compulsive gambling Eating disorders Sex addiction Compulsive buying This useful guide features case studies figures and diagrams lists of practical interventions for each disorder and self assessment exercises for clients Psychologists addiction counselors social workers and others working in the addictions field will find the Handbook of Addictive Disorders to be an essential resource for practical validated information on all types of addictions and their related problems **Enhancing Entrepreneurial Excellence** Robert A. Baron,2013-01-01 Enhancing Entrepreneurial Excellence is a fascinating and valuable treatise on how entrepreneurs achieve the transformation of an idea into a product that is successful in the marketplace It is practical but well grounded in the academic research The book explains the tools that entrepreneurs need to be successful and displays the passion of the author Robert Baron to help more entrepreneurs become engines of change in order to improve human life The book is a must read for all scholars of entrepreneurship and aspiring entrepreneurs Michael A Hitt Texas A M University US The field of entrepreneurship has long pondered the following question Why despite their high levels of motivation effort and commitment do so many entrepreneurs fail This innovative volume tackles the complex question of entrepreneurial

success identifying the essential tools necessary for converting ideas into reality and offering concrete means for acquiring and strengthening those tools Though entrepreneurial success or failure can be partly attributed to external considerations such as market fluctuations and competitor activity Robert A Baron argues that the individual entrepreneur is often crucial in determining whether an idea succeeds or fails Using current concrete data the author demonstrates the critical importance of the entrepreneur s skills knowledge and other personal resources to the outcome of his or her entrepreneurial undertakings Written in a clear and vibrant style this groundbreaking book offers both a detailed breakdown of the personal attributes that foster entrepreneurial success as well as helpful suggestions for achieving and enhancing those same attributes in one s own search for entrepreneurial excellence Professors and students of entrepreneurship as well as their peers in other innovation based fields such as engineering and the sciences will find this book an invaluable resource for both the study and practice of successful entrepreneurship

De-stress Now! Ziggy Smith,2008 Stressed out Want to get back on top of things Then you ve come to the right place This unique book guides you through some simple steps to help you design your own tailor made plan to manage stress Take control with De stress Now Stress is a significant health issue for many people today In order to manage it successfully we need to find tools that are both personally and culturally appropriate This process can be greatly enhanced with the help of De stress Now Dr Philip Moore Snr Lecturer Curtin University of Technology

Resonant Leadership Richard Boyatzis,Annie McKee,2005-09-14 The blockbuster best seller *Primal Leadership* introduced us to resonant leaders individuals who manage their own and others emotions in ways that drive success Leaders everywhere recognized the validity of resonant leadership but struggled with how to achieve and sustain resonance amid the relentless demands of work and life Now Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress sacrifice and dissonance that afflicts many leaders Drawing from extensive multidisciplinary research and real life stories *Resonant Leadership* offers a field tested framework for creating the resonance that fuels great leadership Rather than constantly sacrificing themselves to workplace demands leaders can manage the cycle using specific techniques to combat stress avoid burnout and renew themselves physically mentally and emotionally The book reveals that the path to resonance is through mindfulness hope and compassion and shows how intentionally employing these qualities creates effective and enduring leadership Great leaders are resonant leaders *Resonant Leadership* offers the inspiration and tools to spark and sustain resonance in ourselves and in those we lead

Mindful Leadership: Emotional Intelligence Collection (4 Books) Harvard Business Review,Daniel Goleman,Richard E. Boyatzis,Annie McKee,Fran Johnston,2015-10-13 This digital collection curated by Harvard Business Review offers four books on the topic of emotional intelligence found by bestselling author Daniel Goleman to be twice as important as other competencies in determining outstanding leadership In *Primal Leadership* With a New Preface by the Authors the authors show that great leaders excel not just through skill and smarts but by connecting with others using emotional intelligence

competencies like empathy and self awareness The best leaders are resonant leaders individuals who manage their own and others emotions in ways that drive success In Resonant Leadership Richard Boyatzis and Annie McKee provide an indispensable guide to overcoming the vicious cycle of stress sacrifice and dissonance that afflicts many leaders and offer a field tested framework for creating the resonance that fuels great leadership And in Becoming a Resonant Leader Annie McKee Richard Boyatzis and Frances Johnston share vivid real life stories illuminating how people can develop emotional intelligence build resonance and renew themselves Finally HBR s 10 Must Read on Emotional Intelligence presents 10 articles by experts in the field of emotional intelligence all of which will inspire you to monitor and channel your moods and emotions make smart empathetic people decisions manage conflict and regulate emotions within your team react to tough situations with resilience better understand your strengths weaknesses needs values and goals and develop emotional agility

Career Growth & Joy at Work Ashutosh Pande, Overcoming Fake Talk: How to Hold REAL Conversations that Create Respect, Build Relationships, and Get Results John R. Stoker, 2013-05-17 MAKE EVERY CONVERSATION A REAL CONVERSATION THAT GETS RESULTS In Overcoming Fake Talk business communication guru John R Stoker offers proven advice for turning challenging confrontations into rewarding exchanges that foster collaboration improve performance and achieve results Overcoming Fake Talk is a thorough compendium of ideas frameworks examples and actions to improve conversations Stoker s four REAL conversation skills and eight principles give the novice and master insights and guidelines for improving conversation Dave Ulrich Professor Ross School of Business University of Michigan Partner The RBL Group and author of The Why of Work Great questions great suggestions Bravo I will put Stoker s ideas to use in my own practice Beverly Kaye founder and co CEO Career Systems International and coauthor of Help Them Grow or Watch Them Go Adhering to and implementing these principles will dramatically increase your ability to communicate and improve your relationships in your professional and personal life Hyrum W Smith cofounder FranklinCovey An insightful blend of rock solid theory accompanied by compelling examples of the huge distinction between real and fake communication John H Zenger CEO Zenger Folkman and coauthor of How to Be Exceptional Stoker teaches true principles for getting Results Respect and great Relationships using REAL conversation Brent D Peterson PhD coauthor of Fake Work **Harvard Business Review** ,2006 *CIO* ,2005-12-01 *CA Magazine* ,2001 Christian Counseling 3rd Edition Gary R. Collins, 1988-10-06 This proven guide in pastoral counseling has been extensively expanded and revised by the author to include recent developments and research new resources and attention to newly urgent needs such as AIDS eating disorders homosexuality and violence Written with clarity and sensitivity this volume builds on biblical foundations and the best resources of professional psychology It reflects the insights the author has gained from many years of Christian counseling New Sections include The Legal Ethical and Moral Issues in Counseling The Multicultural Multiracial Issues in Counseling Conflict and Relationships Dealing with Death and Grief Alcoholism and Other Substance Abuse Crises and Trauma Counseling and Terrorism

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