

Reclaiming The Fire

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Reclaiming The Fire:

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 Reclaim the Fire.

Playing with Fire Fiona Macbeth, Nic Fine, Jo Broadwood, Carey Haslam, Nik Pitcher, 2011 Rev ed of Playing with fire creative conflict resolution for young adults Fiona Macbeth Nic Fine 1995 Crosby-Fiske Hand Book of Fire Protection

Everett Uberto Crosby, Henry Anthony Fiske, 1909 Crosby-Fiske-Forster Handbook of Fire Protection, 1919

Crosby-Fiske-Forster Hand-book of Fire Protection Everett Uberto Crosby, Henry Anthony Fiske, H. Walter Forster, 1919 Cyclopedia of Fire Prevention and Insurance, 1912 Indigenous Fire Control Laura Anderson, AI, 2025-03-29 Indigenous Fire Control explores the long standing sustainable fire management techniques of indigenous peoples revealing their profound understanding of fire's ecological role These practices often overlooked offer

invaluable lessons for restoring ecosystem health and mitigating destructive wildfires For instance controlled burns were strategically used to promote biodiversity and enhance resource availability contrasting sharply with 20th century fire suppression policies that led to dangerous fuel build up The book examines the historical ecology of indigenous fire management and its relevance to modern conservation presenting evidence from ethnographic studies archaeological records and ecological data Structured to first introduce fundamental principles it then delves into case studies from diverse geographical regions followed by a practical discussion on integrating traditional knowledge Ultimately the book advocates for greater collaboration between indigenous communities government agencies and scientists in developing future fire management strategies bridging history ecology and policy **Cyclopedia of Fire Prevention and Insurance** American School of Correspondence (Chicago),1912 **Cyclopedia of Fire Prevention and Insurance** American School (Chicago, Ill.),American School of Correspondence,1912

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