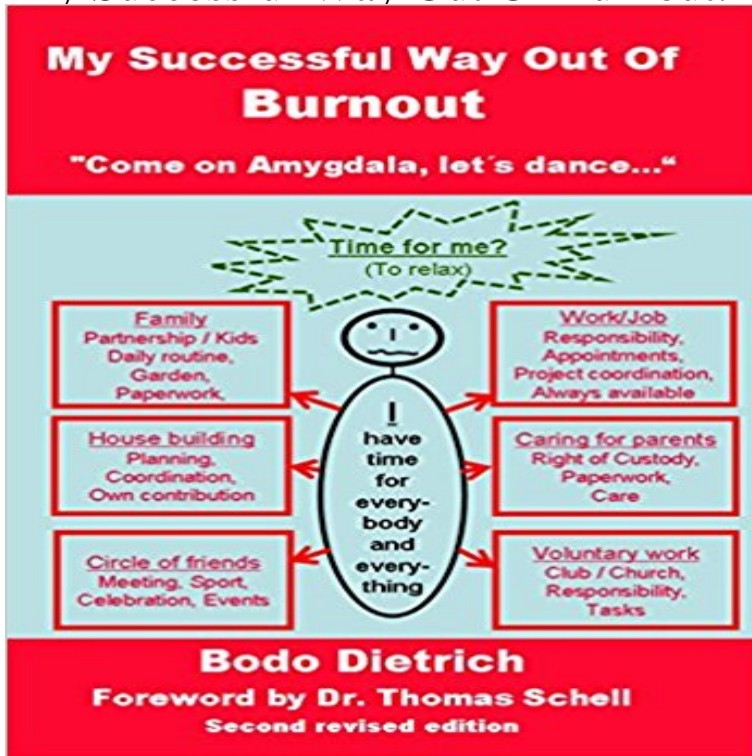


# My Successful Way Out Of Burnout: Come on Amygdala, let's dance...



I am a graduate engineer, work as a projectmanager and live in Germany. I had several simultaneous projects, my mother was very sick for 2 years and together with house building and private voluntary work it was too much. I burned out and everything collapsed around me This book shows my very private experience with burnout. It gives a view on the different phases, feelings and especially the mental development and steps. I felt helpless and lost thinking there is no way out, until I learned my lessons in rehabilitation. From thereon I had the key what and how I had to change in my thinking and behavior. The way back was hard and not straight, but successful at the end. Thank you God! Please find some comments on the book from readers. i think they describe it best in their own words. With this book you give the reader a very personal insight into the circumstances which led to your burnout and show how you can overcome the misery by yourself. I can see the particular value of this for a reader who is possibly confronted with a similar situation. (H.-U.K.) I am the managing director of a company and, as such, I have a lot of responsibility for my employees. I read the book and recommended it to an employee affected by this as well as her department (M.G. from H.) Thanks for this open and honest book!!! I think that it should not only be read by people at risk of burnout, but also by their partners and relatives. (A.U. from R.) This book really got under my skin. The fears, anxiety and doubt are very easy to understand. Above all, it is brilliantly successful at describing how quickly a person can get to such a point. Ill manage it, It has to work now, Its bound to get better soon - most people know these thoughts! All the more valuable is a book that makes it clear that you need to be CAREFUL listen to your body! The experiences in this book can help in a burnout situation, and for that, thank you

very much!

(I.M. from N.) Wow!! I am speechless (doesn't happen so often!) Very brave and brutally open in the description of your own situation! (R.R. from O.) The beginning of the book didn't really benefit me, but I found the letter to a friend really good. (T.D. from M.) I found it very interesting how the stressful situations were described and how the physical reactions were successfully dealt with in order to be able to control them (K.U. from R.) I'm sorry, but I was never in such a situation and it is hard for me to put myself in your shoes. I would have reacted differently, sooner so that it wouldn't have gone so far. Therefore, I personally cannot really relate to the described feelings and emotions (Anonymous, known to the author) It isn't easy to write such a profound book about yourself (anonymous, known to the author) As a person who has been affected, I couldn't put this book down. I am deeply impressed by how intensively and openly the situations have been described (I.R. from A.)

Home Home Search Mortgage Information Buyer Information Sellers information Contact Me Green Blog Events Calendar Use our Mapping Search to find listings in a certain area. Then get step by step directions. We want the buying process to be stress free and simple. Try our easy to use Search! Use our My Home Hunter feature to be notified when your dream home hits the market. **Barrie's Green Realtor** Karen Fox has been selling real estate for over 23 years in the Barrie area. She has an interest in the environment and is passionate about the community and how we are living on this planet. Sitting on the board of "Living Green" and the steering committee of "Transition Barrie", she is well advised about the concerns and problems facing residents. "I believe that I can bring a lot to the table in terms of our experience in the Barrie and surrounding area Real Estate market, our knowledge of the Community and our study of the Environment." An award winning Realtor and "Hall of Fame" award of excellence. "I will only take on the new business that I can handle" "I am not interested in stock piling listings with the hopes that, by the law of averages, some will sell." Karen is hard working, dedicated and determined to provide the best possible service to her clients and customers. **Why use a "Green Realtor"** There are already signs that in the near future energy costs will continue to rise. When shopping for a new home, it is imperative that buyers compare homes based on the normal criteria of location, size and functionality along with the home's potential for energy efficiency by concentrating on insulation, type of windows, furnace, roof, age of the structure, type of wiring, type of plumbing, lot grading and the potential to grow your own food should you desire. We can make this process easier for you with our knowledge of the area builders over a long period of time and our training on efficiency and energy efficient products. We can point out periods of rapid growth when homes in our city were not well constructed and were rendered very poor on the scale of energy efficiency. We can point out builders that meet LEED standards or Green standards and have built to the highest levels of efficiency. **Quick Search** Search Featured Property RE/MAX Chay Realty Inc. Brokerage RESIDENTIAL\$399,000 RE/MAX Chay Realty Inc. Brokerage COMMERCIAL\$3,700,000 Trademarks owned or controlled by The Canadian Real Estate Association. Used under license. Trademarks owned or controlled by The Canadian Real Estate Association. Used under license. The information provided herein must only be used by

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