



From Burned Out to Fired Up: A Woman's Guide to Rekindling the Passion and Meaning in Work and Life

By Leslie Godwin

HarperCollins Publishers (Australia) Pty Ltd. Paperback. Book Condition: new. BRAND NEW, From Burned Out to Fired Up: A Woman's Guide to Rekindling the Passion and Meaning in Work and Life, Leslie Godwin, As a recovering workaholic, psychotherapist and author who has helped thousands of professionals find meaningful work, Leslie Godwin knows the effects of stress and job burnout-physical, mental and spiritual exhaustion. For the millions of struggling women who wear many hats, Godwin offers real solutions - it's not about balancing or multitasking; it's about making true life changes that result in a renewal of passion and meaning. For corporate professionals, budding entrepreneurs or stay-at-home mothers (and yes, that's work, too!), Godwin's compelling case studies, helpful tips, quizzes and worksheets will change their lives.

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