



## Succeed Without Burnout: Proven Strategies to Move your Life from Burnout to Balance

**Ben Kubassek**

A.R.E. Press (Dec 15, 1999)

Unknown \$8.95 (150pp)

978-1-930364-17-2

Burnout. Depression. Stress. Workaholic Syndrome. All of these twentieth century anomalies assault today's modern society. Kubassek discusses his own descent into burnout and depression to give the reader a look at what the causes are, what the warning signs are and what to do to avoid burnout. He explains that burnout can lead to physical and mental illness and even suicide.

Describing himself as a workaholic, he clarifies the terms and explains how to recognize the warning signs in yourself or others. He says that faith in God can help to overcome this problem and lists a variety of useful exercises, both mental and physical, that helped to break his cycle of depression. Some of the best features are "Seventeen Ways To Prevent Burnout," "The 6-Step Formula For Solving Worry," "Five Ways To Prevent Worry," "21 Steps To A Less Stressful Life" and "The Characteristics Of Three Kinds Of Depression." He also includes several self tests and lists as well as detailed reasoning exercises designed as practical methods to help overcome burnout.

The book offers a positive look at a very negative condition and offers hope to help those who may be already suffering from workaholism and/or depression. The author quotes famous philosophers, details a step by step guide for daily living including using the power of prayer and family ties and even presents ways to increase your financial worth without losing your perspective by setting balanced goals. Kubassek ends this helpful guide with a list of twenty-five suggested books that offer additional help on this subject. This book will leave the reader with an insight into his or her own personalities and offers workable solutions to everyone who works too hard, worries too much or struggles with the daily stress of today's fast paced world.

S. JOAN POPEK (January / February 2000)

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