



# Beating Burnout: A 30 Day Guide to Hope and Health

*Anne Marie Miller*

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Feeling tired? Burned out? Or know someone who is? Anne Marie Miller understands. After two short years serving in a non-profit role, being a newlywed, and volunteering in her community, Anne Marie burned out. After a week in the hospital, doctors told her if she didn't make changes – spiritual, physical, emotional, and relational – she would land right back in that hospital bed. After almost a decade of reflection, counseling, and taking a proactive role in her health and well-being, Anne Marie wants to help you put burnout on the back burner. In this thirty-day guide, you'll engage in simple but meaningful daily reflections with a focus on rest, holistic health, and prayer. Your dreams, your family, your friends and the world need your story. Don't let burnout beat you!



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#### **Hilary Williams:**

Nowadays reading books become more and more than want or need but also turn into a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge even the information inside the book that improve your knowledge and information. The details you get based on what kind of publication you read, if you want get more knowledge just go with knowledge books but if you want sense happy read one having theme for entertaining for instance comic or novel. Typically the Beating Burnout: A 30 Day Guide to Hope and Health is kind of guide which is giving the reader erratic experience.

#### **Raymond Bailey:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled Beating Burnout: A 30 Day Guide to Hope and Health can be good book to read. May be it might be best activity to you.

#### **Salvatore Anthony:**

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Beating Burnout: A 30 Day Guide to Hope and Health, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't understand it, oh come on its known as reading friends.

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