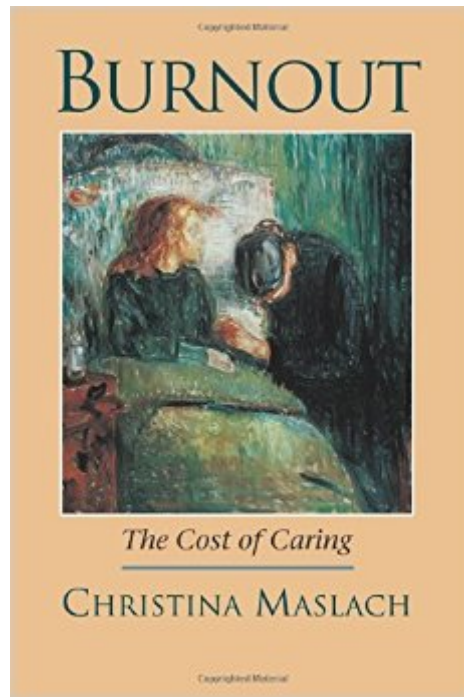


The book was found

# Burnout: The Cost Of Caring



## Synopsis

This book shows how to recognize, prevent and cure burnout syndrome for nurses, teachers, counselors, doctors, therapists, police, social workers, and anyone else who cares about and for people. Christina Maslach, the leading pioneer in research on burnout, offers help using illustrative examples and first-hand accounts. She points out what causes the feelings of emotional exhaustion, the callous indifference to people's problems, and the sense of inadequacy about one's ability to help and relate to others.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (8 customer reviews)

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## Customer Reviews

I'm sorry to see that this book is out of print, because it's even more pertinent today than when it was first written. The author describes the problem of "burnout" common in people in the helping professions, and points out that its causes come from the work environment rather than the individual. This is in contrast to most other studies of burnout, which view it as strictly the individual's problem and thus something to be treated on the individual level. She identifies the institutional problems that can lead to burnout -- e.g., excessive workloads and lack of control -- and offers suggestions on how to improve the work environment. In the era of "managed care," underfunded schools, and lack of support (financial and emotional) for people in the helping professions, her advice is more important than ever. Her 1997 book is excellent, but it focuses more on corporations, while I think the helping professions still have the worst problems with burnout. The writing in this book is more heavily "academic," but it's a thorough and believable study, and still very much worth reading.

This book is amazing. It provides a nearly uncanny insight of problems faced by so many of us I felt as though someone was reading my mind It helped me to reflect and to understand and forgive myself too I am very thankful I read it and I wish I had done it a few years ago

Christina Maslach has written a clear and comprehensive analysis of the phenomenon known as burnout. This book is highly recommended for anyone interested in the topic and it is a "must have" for one's library.

This is a classic book on burnout and its impact to the helping professionals.

Maslach is THE expert on Burnout!!

The book gave me a good understanding of the causes and symptoms of burnout, but I found it very tedious to read. It was almost like reading a dictionary or encyclopedia.

Love it.

muy buen libro , excelente , super recomendado para medicos y enfermeras y mas si trabajas en institucion y mas si es en imss, super buen libro muy util , muy orientador , te describe exactamente lo que nos sucede muchas veces y no nos damos cuenta

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