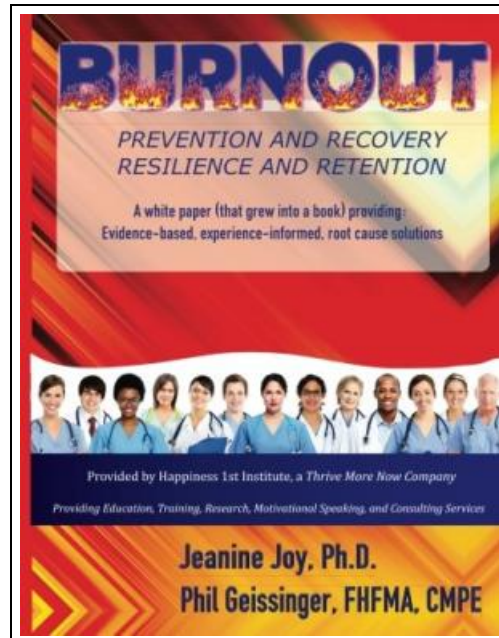


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dear Doc, Please don't quit. . . (Nurses and APPs, too) It's time for some self-care. You deserve it and you need it. More than half of physicians have at least one symptom of burnout and would leave the practice of medicine if they could. Why is that? Because they are emotionally exhausted--the most obvious sign of burnout. Curing burnout does not require you to leave your practice. Medicine is a tough career but if leaving was the only way to prevent or recover from burnout the physicians who are not burned out would be burned out, too. We've studied the strategies that help individuals thrive in spite of adversity for more than two decades and taught those who weren't thriving how to do what thrivers do. When you learn advanced and transformative strategies that reduce stress you will feel renewed energy. Are you one of more than 50 of physicians who are experiencing at least one symptom of burnout? During the past month: - Have you felt burned out from your work? - Have you worried that your work is hardening you emotionally or felt cynical toward your work or patients? - Have you often felt down, depressed, hopeless, or wondered about the point of it all? - Have you fallen asleep unexpectedly or when you didn't want to such as when you were driving? - Have you felt overwhelmed, as if there is too much to do and that completing all the tasks is impossible? - Have you felt anxious, depressed, irritable, or easily angered? - Has your physical health declined or have you been ill more frequently? - Do you feel your work is...



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