



Keep the Fires Burning (Paperback)

By Micky Jones

Praeclarus Press, United States, 2011. Paperback. Condition: New. Language: N/A. Brand New Book ***** Print on Demand *****.Are you a busy mother-baby professional who is stressed to the max? Do you find the 24/7 lifestyle of always being on call for your clients, family obligations and the necessity to build a business more than you can handle? You may be preaching, Take care of yourself! to new parents, while suffering from stress-induced illness and disease. In Keep the Fires Burning, author Micky Jones provides concrete evidence of the consequences of putting everyone else s needs before your own and gives practical suggestions for taking back your life and your health. This book covers the following topics: -The reality of work as a mother-baby professional - The six flames that can destroy your passion--individual stress, secondary stress, vicarious trauma, compassion fatigue, burnout, and depression--How empathy affects your work -How who you are, what work you do, and your sphere of influence impacts how stress affects you -Life strategies to eliminate stress -A personal self-care plan for home and work If you love your work, but are stressed and/or burned out and want a balanced life, this book can help! Find out...



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