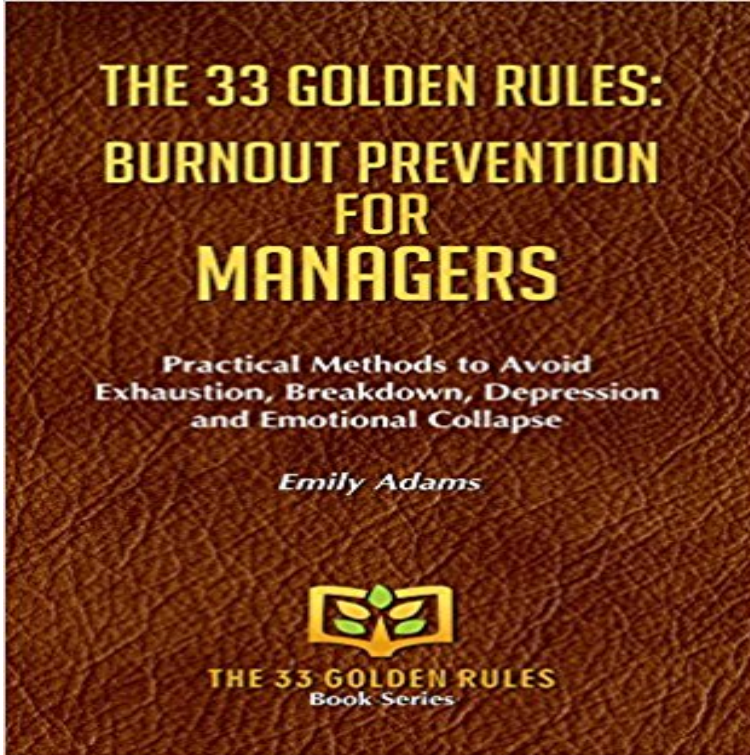


# THE 33 GOLDEN RULES: BURNOUT PREVENTION FOR MANAGERS: Practical Methods to Avoid Exhaustion, Breakdown, Depression and Emotional Collapse



Dear Reader, Are you exhausted? Are you depressed? Do you feel overwhelmed by all the demands life is putting on you? Look around you and when you take close look at the people rushing about all around, youll come to realize that they are probably running in the same race as you. Juggling multiple roles and trying to excel at every one of them is impossible. After all, were human and humans are built with imperfections. If that werent true, we wouldnt have this fascination for superheroes now, would we? Its very normal to feel like giving it all up and running away. And that is what this book is all about. One moment! I am not going to tell you how to run away. I am only going to show you how to eliminate the need for running away. This book has a set of awesome, 33 Golden Rules that will show you how you can pull yourself back from the brink of depression and emotional collapse. Because these are only the stepping stones to the huge problem you have looming in front of you. BURNOUT!! When you read this short description, you will have taken the first step to changing your life. Believe me: the set of 33 GOLDEN RULES in this book, can turn your life around! The rules I have for you are very simple and you wont need to make any major lifestyle changes to implement them. They are just very small steps. They are practical and when you read them, youll think to yourself, Hey! I could do that! Every rule has a short description to go with it that is designed just to clarify the rule a little. This book is not your typical book that you might read once from the first to the last page. Rather, I would want that this book should serve as a handbook for how you can make life long changes in your living styles. So you see, this book has two sections--the first section is a set of Guidelines while the second is a set of Golden Rules The guidelines will show you how to use the book and adapt

each of the rules in your life. Reading about the rules is an important and fruitful exercise but it would be futile if you did not actually apply them in your life. Of the Guidelines I have for you, I invite you to choose the ones that you're most comfortable with. Consider them your tools that will help you use the Golden Rules properly so you can make complete and thorough use of the book. I do have other suggestions for you. Try not to wait until tomorrow to begin doing this. I get it. I mean, you're probably going to tell me, Haven't I got enough on my hands to add yet another task? True!! But if you didn't need to, you wouldn't be reading the description of this book now, would you? So try this book. Read the rules and think about them. At the end of it, you're going to think, Is it really that simple? You know what? It actually is. The book contains:

- Introduction
- Description of 10 different Guidelines how to work with this book and how to adapt rules into your day-to-day life
- Simple and easy-to-understand 33 GOLDEN RULES Brief and pointedly explanation which can be immediately implemented in practice. Applicable and concrete advice.
- Conclusion

The book is particularly suitable for: - Managers - Executives - CEOs - Businesspersons - Officers - Directors - Supervisors We are very confident, that this book will help you and we wish you all the best for your future life! Warm regards, The author and the publisher

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyport's Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry,

**THE 33 GOLDEN RULES: BURNOUT PREVENTION FOR MANAGERS: Practical Methods to Avoid Exhaustion, Breakdown, Depression and Emotional Collapse** living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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