



Cómo dejar de estar quemado (Spanish Edition)

Miguel Ángel Gil Gómez

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¿Te sientes quemado en el trabajo? ¿Estás agotado y realizas tu tarea sin ganas? ¿Estás enfadado con los destinatarios de tu labor profesional o con tus compañeros sin saber muy bien por qué? ¿Has experimentado una disminución en la satisfacción que obtienes en tu trabajo?

Si te ocurre alguna de estas circunstancias relacionadas con el Burnout (o “Síndrome de estar quemado”) en este libro encontrarás numerosas claves para comprender lo que te está ocurriendo, así como diferentes propuestas realizadas por un profesional de la Psicología para conseguir que te sientas mejor de una forma más rápida y eficaz.

Un libro pensado no solo para personas que se sienten quemadas en su trabajo, sino que también es ideal para estudiantes de psicología o de ciencias sociales, profesionales de la salud que deseen profundizar en la realidad del "burnout" o, en general, cualquier persona interesada en el crecimiento personal.

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