

[FREE] Reclaiming the Fire: How Successful People Overcome Burnout

Reclaiming the Fire: How Successful People Overcome Burnout

Steven Berglas

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RECLAIMING THE FIRE



HOW SUCCESSFUL PEOPLE
OVERCOME BURNOUT

DR. STEVEN BERGLAS

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Steven Berglas : Reclaiming the Fire: How Successful People Overcome Burnout before purchasing it in order to gauge whether or not it would be worth my time, and all praised Reclaiming the Fire: How Successful People Overcome Burnout:

0 of 0 people found the following review helpful. Feel both burned out and successful? Read this!By A. Mehtaldquo;Burnoutrdquo; and ldquo;successful peoplerrdquo; are not two words I had previously thought belonged in reference to the same people at the same point in time. When I first read the title of the book it really resonated with me and I was further convinced to read the book as I had heard great things about Dr. Berglas from the management

teams of my companies who worked with him as their executive coach. I found the book to be intelligent, well-researched and innovative. The early chapters did a tremendous job outlining the root causes behind why otherwise successful people experienced mid-career burnout. And the latter chapters gave a very helpful framework to apply to one's own personal situation to rejuvenate oneself and one's career. I have implemented a lot of what I read in my own life and continue to refer Dr. Berglas to management teams where CEOs or other critical members suffer from similar dynamics. This is a must-read book — an outstanding return on the time invested. 0 of 0 people found the following review helpful. GRIPPING By Schneider I'm leaving Harvard with my second masters degree and I'm still searching for a purpose in life. A friend suggested I read Berglas' book, and while it did not give me a formula for finding my "true calling," it was probably the only psychological tome I would call "gripping." I'm certain that I'll mull it over a while and be materially benefited for having absorbed all of what Berglas has to say. GREAT WORK! 1 of 1 people found the following review helpful. Great for identifying causes of the problem and a description ... By papaZ Great for identifying causes of the problem and a description as to what the ultimate solution looks like. However, the book does very little in helping the reader identify those elements that would allow him or her to participate in the solution. A follow-up book would be great.

The definitive work on avoiding burnout, written by the psychologist who is the leading specialist on the issue. An illuminating and useful book for anyone coping with the pressures of work. In *Reclaiming the Fire*, Dr. Steven Berglas analyzes the rises and falls of corporate executives, middle managers, lawyers, entrepreneurs, and others as they struggle to handle the trappings of successful careers. How does one deal with encore anxiety, the monotony of having to use talents that are no longer psychologically rewarding? Why is it that our national obsession with wealth traps people in careers that often lead them to wonder, "Is that all there is?" And why do highly successful people often set themselves up for disastrous falls? Dr. Berglas answers all these questions and many more in this groundbreaking book by discussing real people whose careers have left them feeling pressured, burdened, and jaded. In his most progressive and striking contribution to the literature on career success, Dr. Berglas debunks the persistent myth that women suffer more stress and burnout than men. He disproves the common claim that women involved both in careers and in family life suffer from trying to have it all, and he demonstrates how the drive to form close interpersonal ties a drive that is intrinsic to women can actually prevent both men and women from experiencing burnout. In a related analysis of the mentoring process, Dr. Berglas shows why it is more important for careerists to build legacies for future generations (a process he terms generativity) than to become obsessed with their own personal success. He proves that the process not only benefits the student but provides the mentor with psychological satisfaction and even improved physical health. *Reclaiming the Fire* uses the working world not the psychiatric couch as a venue for understanding the psychological and emotional burdens of success. It is the first comprehensive account of how to balance self-esteem and ambition while maintaining challenge and stimulation throughout your career. *Reclaiming the Fire* provides insight into: *Why baby boomers are currently suffering an epidemic of career dissatisfaction* *Why women are uniquely suited to cope with the pressures that cause men to suffer burnout, and what men can learn from them* *How to escape golden handcuffs: the workaholic devotion to a job that is no longer emotionally satisfying* *How to cope with anger that threatens to sabotage your career* *How all professionals can identify the passions that will allow them to sustain and enjoy success throughout their lives

.com Why do so many seemingly successful professionals hit the wall in middle age, and decide to either radically scale back their careers or set off in an entirely new direction? Clinical psychologist Steven Berglas, a specialist in success-induced burnout, believes it stems from the "self-handicapping behavior" that baby boomers are exhibiting in record numbers as they climb the corporate ladder and find they aren't happy with what results. Terming the phenomena Supernova Burnout, Berglas defines this workplace ennui as "the constrictive effects of being branded a 'success'" and offers some advice for the psychological distress that is an increasing consequence. In *Reclaiming the Fire*, he advances his arguments in a serious but accessible manner with references to cultural touch points like Mark Monksy's *Looking Out for #1* and help from philosophers such as Friedrich Nietzsche. He analyzes "performance-inhibiting" behaviors ranging from substance abuse to abrupt career changes that he says developed from societal attitudes of the last half century, and suggests a few individual and organizational responses (including his 60 Minutes cure, which relies upon passion and intrinsic motivation to battle career malaise). While not everyone will agree with his assessments and prescribed cures, businesspeople who fit Berglas's description—and human resource managers who deal them—will likely find the material intriguing and potentially helpful. --Howard Rothman From *Publishers Weekly* Berglas, a management consultant and psychology instructor at UCLA and Harvard, traces burnout among attorneys, doctors, executives and others. For example, he points to Michael Jordan, who left basketball in 1993 because of "Supernova Burnout"; after extraordinary achievements, excessive attention made him fear failure, Berglas theorizes. Other cases of people trapped by success demonstrate burnout variations. Readers without their own professional guidance will wish Berglas discussed more solutions. Agent, Jill Kneerim. Copyright 2001 Cahners Business Information, Inc. From *Library Journal* If a person works hard and accumulates enormous wealth, should one

assume that he or she is happy and successful? Berglas, a clinical psychologist and former columnist for Inc. magazine, says "no" in this examination of success-triggered problems what he calls "Supernova Burnout." U.S. society's glorification of material wealth, he argues, is to blame for the burnout that afflicts highly motivated professionals who no longer find their careers rewarding: "Achieving what you want and realizing that no favorable psychological changes have automatically ensued is far worse than failing to reach a goal." Using clinical case studies of attorneys, corporate executives, athletes, and business managers as well as laboratory research findings, Berglas vividly illustrates the symptoms and offers helpful tips for prevention and treatment. This well-written, well-supported work covers a fascinating topic and will sustain the interest of the reader. Recommended for psychology and business collections in academic and large public libraries. Elizabeth Goeters, Georgia Perimeter Coll., Roswell Copyright 2001 Reed Business Information, Inc.