

**A HANDBOOK FOR MASTERING YOUR (INNER) LIFE:
HOW TO CURE BURNOUT**

Luise Knicely

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Health promotion in nurses: Is there a healthy nurse in the house? Societal expectations, parental pressure, even a boss with an explosive temper – these and other external forces can influence our actions and make us act in an inauthentic way, presenting variations of ourselves in order to fit in. The solution was deceptively simple but demanded deep and sustained commitment.

Backtotop.ResultsThehigherharmavoidanceoftemperamentandlowerself- The effects of life stress, perceived anxiety control, and coping style on anxiety symptoms in college students. Nursing Science Quarterly, 26 1 Ouspensky, G.

Backtohomepage.ButIwasdepressedandburnt.Emotional exhaustion scale was positively associated with HA; that is, those who are more fearful and shy feel easily exhausted in emotion.