



Burnout to Brilliance: Strategies for Sustainable Success

Jayne Morris

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Are you ready to transform your life from Burnout to Brilliance? Overwhelmed by the fast-paced and technologically demanding world in which we live, we routinely run on reserves and force ourselves to accept that constantly feeling tired is all part and parcel of living a busy and connected life. When the warning signs of an impending burnout are ignored, the outcome can be fatal. It's time to take a journey of self-discovery and awaken to a brilliantly renewed life. In "Burnout to Brilliance", you will discover how to:

- Identify the signs and symptoms of burnout
- Recover your energy and enthusiasm
- Regain your power, passion and purpose
- Develop strategies for sustainable success

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