

Beyond Burnout: Helping Teachers, Nurses, Therapists and Lawyers Recover From Stress and Disillusionment

Cary Cherniss

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Why are so many in the helping professions perceived as lacking idealism or commitment? Beyond Burnout, based on a unique, in-depth, longitudinal study, explores the source of this problem. Professionals describe in their own words what happened to them when their idealism collided with the realities of their work.



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