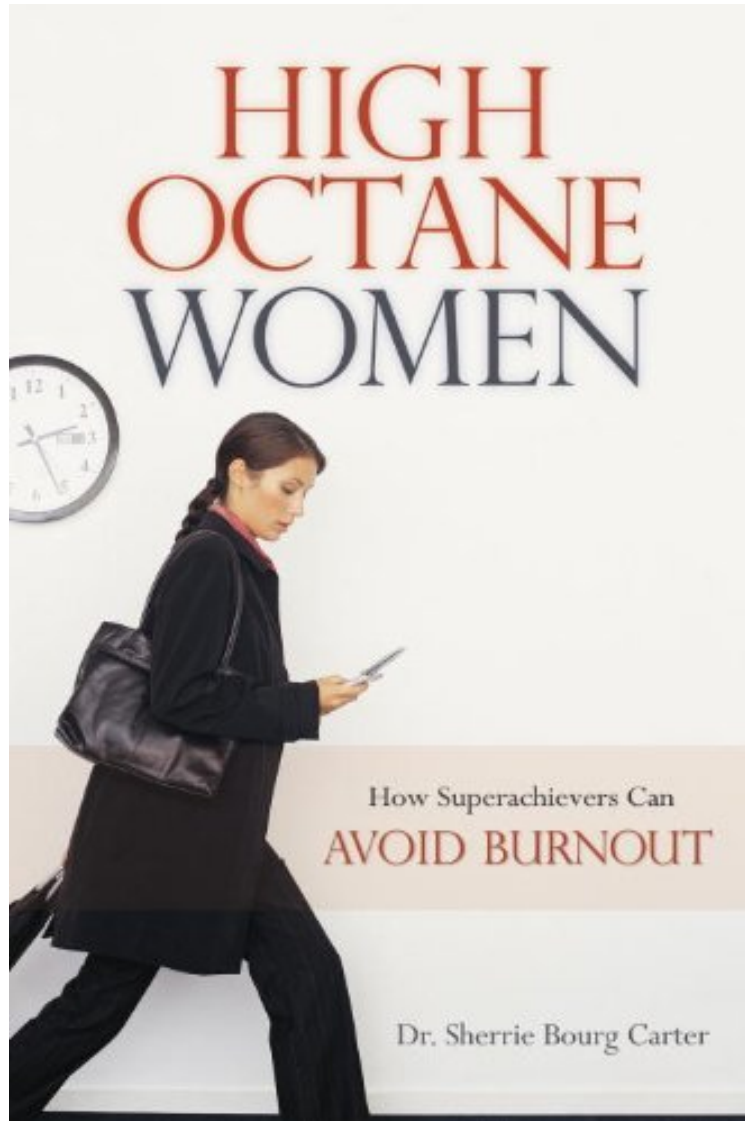


(Download pdf) High-Octane Women: How Superachievers Can Avoid Burnout

High-Octane Women: How Superachievers Can Avoid Burnout

Sherrie Bourg Carter

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Sherrie Bourg Carter : High-Octane Women: How Superachievers Can Avoid Burnout before purchasing it in order to gauge whether or not it would be worth my time, and all praised High-Octane Women: How Superachievers Can Avoid Burnout:

5 of 5 people found the following review helpful. More about superachievers...less info on how to avoid the burnout. By MCVIt's an interesting read, and here and there you can find tidbits of "a-ha!" moments. But overall, it doesn't do much by way of offering solutions. It's more of a "food for thought" kind of read. 7 of 8 people found the following review helpful. Lots of useful information By Hannah SwainI was diagnosed with burnout last January. People kept telling me to learn to relax, to meditate, etc. However, this book is one of the things that has helped me

most to come to terms with what's going on with me. Some of the things that have stuck with me the most is that high-octane women are not normal, which made me less upset about not being relaxed by things that work for most people: meditation and yoga drive me nuts. It's explained why it makes perfect sense that my Body Combat lessons relax me and helped me realize that relaxation is relative to each person. I was also fascinated by the parts explaining what it does to high-octane women being in a man's world and how that works psychologically. This book explained a lot of things that I knew in the back of my head but now can actually do something with. Well worth reading for an overview of what to watch out for when you're running on empty and how to deal with it when you are. 0 of 0 people found the following review helpful. I got the point in the first chapter. The rest was just ... repeat and boring. By Dal GalI liked the idea. There were a few good points ... but it feels like the author burned out and ran out of things to say so she repeated herself --- over and over.

This title is filled with expert advice on how to avoid burnout and maintain a healthy work/life balance. Today, women all over the world hold many of the highest positions in government and business. Unfortunately, there is another, perilous side to this success story. Many bright, ambitious, and highly driven women ultimately burn out before their male counterparts. What causes them to give up, melt-down, or just walk away when they seem to have it all? And more importantly, what can be done to prevent it? In this authoritative, thoroughly researched volume, psychologist Sherrie Bourgeois Carter draws on more than 15 years experience and expertise to explore the unique challenges high-achieving women face and provides helpful insights and practical ways to avoid burnout, enjoy healthy fulfilling lives, and find the perfect work/life balance.

From Publishers Weekly Carter, a nationally recognized psychologist specializing in extreme stress in women, addresses the pressures highly competitive positions exert on women. Although women hold more than half of the management and professional positions in the U.S., burnout is high. Carter examines the multiple causes for stress, including double standards, gender discrimination, psychological abuse, jobs with 24-hour technology demands, and lack of support at home. Recognizing that normal de-stressors such as exercise and meditation aren't sufficient, Carter proposes her own solutions that will enable women to revitalize themselves. Such solutions could be scheduling uninterrupted time, knowing one's personality, setting boundaries in commitments, or being realistic in expectations of others. Carter (*Justice For All: Challenges of the Mentally Ill in the Legal System*) also offers suggestions for social support, danger signals for stress trigger points, and guidelines for societal and corporate changes. This is a practical, useful guide; hopefully, corporate women won't be too stressed out to read it. (Nov.) "Gain powerful tools to manage your life and to keep your engine 'revved up!'"