

BURN

The Emotional Experience
of Political Defeat

Hannah Proctor
OUT

9781839766053

Paperback | 272 pages | £14.99

Marxism Communism
Revolutions, uprisings,
rebellions
Revolutionary groups
movements

Hannah Proctor is a Wellcome Trust Research Fellow at the University of Strathclyde in Glasgow, interested in histories and theories of radical psychiatry. She is a member of the editorial collective behind *Radical Philosophy*, and has been published in *Jacobin*, *Tribune*, *The New Inquiry* and elsewhere.

Burnout

The Emotional Experience of Political Defeat

Verso Books (Marston Book Services)

09 April 2024

How to maintain hope in the face of despair

In the struggle for a better world, setbacks are inevitable. Defeat can feel overwhelming at times, but it has to be endured. How then do the people on the front line keep going? To answer that question, Hannah Proctor draws on historical resources to find out how revolutionaries and activists of the past kept a grip on hope. *Burnout* considers despairing former Communards exiled to a penal colony in the South Pacific; exhausted Bolsheviks recuperating in sanatoria in the aftermath of the October Revolution; an ex-militant on the analysts couch relating dreams of ruined landscapes; Chinese peasants engaging in self-criticism sessions; a political organiser seeking advice from a spiritual healer; civil rights movement activists battling weariness; and a group of feminists padding a room with mattresses to scream about the patriarchy. Jettisoning self-help narratives and individualizing therapy talk, Proctor offers a different way forward - neither denial nor despair. Her cogent exploration of the ways militants have made sense of their own burnout demonstrates that it is possible to mourn and organise at once, and to do both without compromise.



9781911687320

Paperback | 192 pages | £12.99

Business management
Self-help personal
development
Self-help & personal
development

Dr Amy Bradley is Professor of Leadership and Management and author of *The Human Moment*. She recently made it onto the prestigious Thinkers50 Radar of global management thinkers. Amy works as adjunct faculty at several leading business schools and runs her own consulting business. She and her husband Colin live in the UK and have four children between them. Dr Katherine Semler partners with leaders and organizations to help them define and live their purpose. She is a partner at Korn Ferry and adjunct faculty at Ashridge Hult International Business School. She lives in Girona, Spain, where she and

Running on Empty

Navigating the dangers of burnout at work

LID Publishing (Hachette UK)

27 October 2022

This book offers a story-based exploration of a growing risk and some real and deep practices that seek to improve the human experience of the present-day workforce and make organizations more viable for the future.

Three out of five workers across the world say they feel burned out. A 2020 study claims that the figure is in fact three in four. Over the past 24 months, our relationship with work has changed beyond recognition. On one side, employees are now looking for more choice, flexibility and freedom than ever before and statistics show that if they don't get what they want, they are prepared to vote with their feet. On the other, employers across all industries and job roles are currently facing mass resignations, with 3.6 million US workers resigning in May 2021 alone. With such a background, organizations are now being forced to take burnout among their workforce more seriously. This book offers a story-based exploration of a growing risk and some real and deep practices that seek to improve the human experience of the present-day workforce and make organizations more viable for the future. The authors look at the current burnout situation from a lens of discovering and seeking to heal some of the root causes of workplace despair. The book gives the reader a sense of when burnout is happening or imminent and suggests human and radical inroads for prevention and healing.



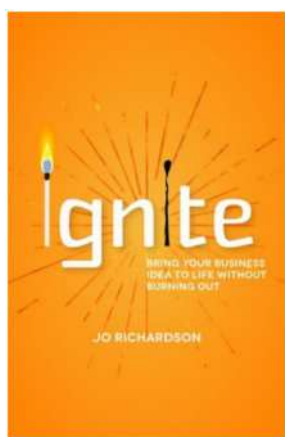
Mutual Aid : Building Solidarity During This Crisis (and the Next)

Dean Spade

Verso Books (Marston Book Services) | 9781839762123

£8.99 | Paperback / softback| 128pp. | October 2020

A handbook for how to organize to meet immediate needs in your community and work toward lasting change.



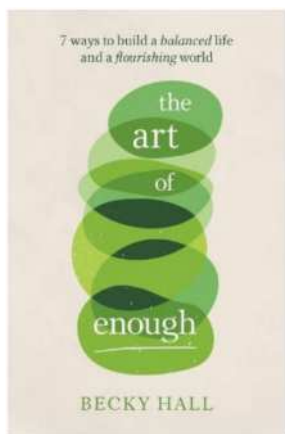
Ignite : Bring your business idea to life without burning out

Jo Richardson

Practical Inspiration Publishing (IPS UK/NBNI) | 9781788603010

£14.99 | Paperback / softback| 168pp. | November 2021

Considering starting your own business but wondering how you'll cope? This essential guide will help turn your ideas into reality without burning out.



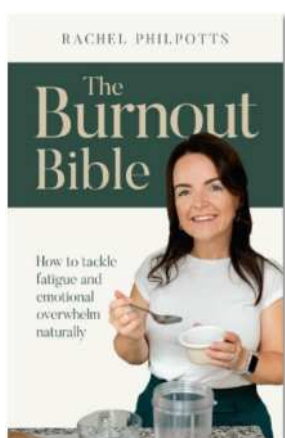
The Art of Enough : 7 ways to build a balanced life and a flourishing world

Becky Hall

Practical Inspiration Publishing (IPS UK/NBNI) | 9781788602891

£14.99 | Paperback / softback| 250pp. | September 2021

In a world full of pressure to do more, be more and consume more, this practical guidebook will help you find your own version of Enough. Enough is a springboard for self-belief, healthy work pace and a sustainable lifestyle, so you can move from striving to thriving.



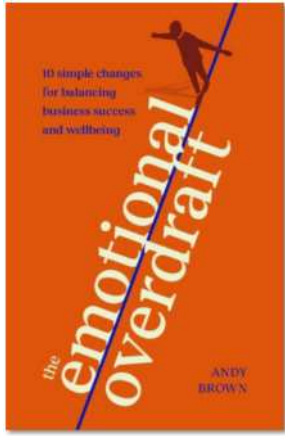
The Burnout Bible : How to tackle fatigue and emotional overwhelm naturally

Rachel Philpotts

Practical Inspiration Publishing (IPS UK/NBNI) | 9781788603768

£14.99 | Paperback / softback| 318pp. | July 2023

Your essential guide to more energy, mental clarity and balanced moods without medication.



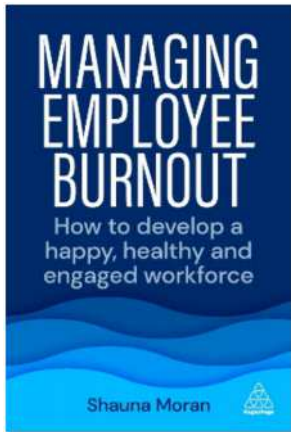
The Emotional Overdraft : 10 simple changes for balancing business success and wellbeing

Andy Brown

Practical Inspiration Publishing (IPS UK/NBNI) | 9781788605137

£14.99 | Paperback / softback| 226pp. | January 2024

It is possible to run a successful business without sacrificing either your mental or physical health. The Emotional Overdraft will show you how to eliminate the ten behaviours that are holding you and your business back.



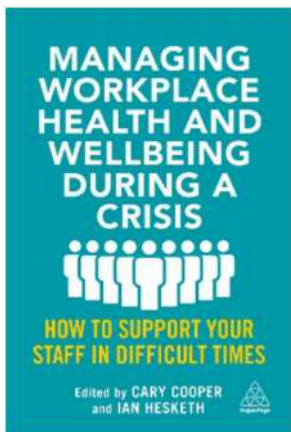
Managing Employee Burnout : How to Develop A Happy, Healthy and Engaged Workforce

Shauna Moran

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398608078

£29.99 | Paperback / softback| 272pp. | December 2022

Support your employees and reduce burnout in the organization with this practical guide.



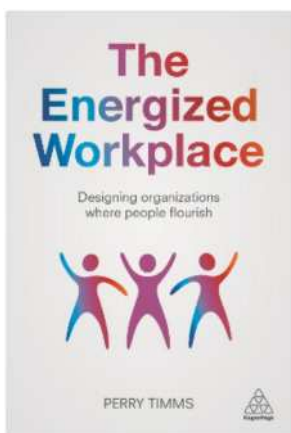
Managing Workplace Health and Wellbeing during a Crisis : How to Support your Staff in Difficult Times

Cary Cooper

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398601222

£32.99 | Paperback / softback| 200pp. | January 2022

Use the expert advice and global case studies in this book to support employee health and wellbeing both during and after a health, economic or social crisis.



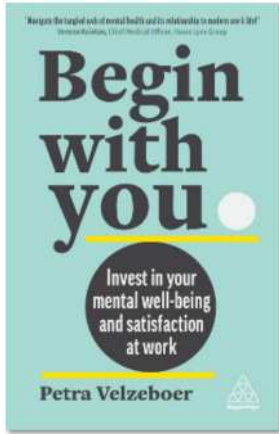
The Energized Workplace : Designing Organizations where People Flourish

Perry Timms

Kogan Page Ltd (John Wiley & Sons Ltd) | 9780749498665

£29.99 | Paperback / softback| 232pp. | August 2020

Redesign your organizational structure and processes to boost employee productivity and wellbeing, reduce stress and staff burnout and improve company performance.



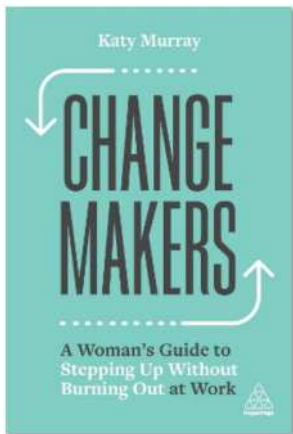
Begin With You : Invest in Your Mental Well-being and Satisfaction at Work

Petra Velzeboer

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398610316

£12.99 | Paperback / softback | 216pp. | May 2023

Productivity, collaboration, confidence, success - it all depends on a positive outlook and good mental wellbeing. And your mental health begins with you.



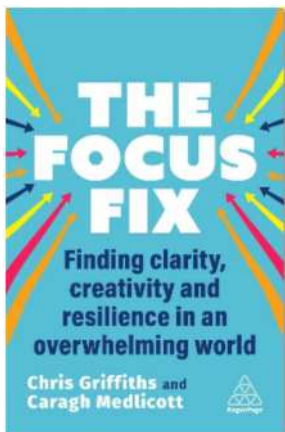
Change Makers : A Woman's Guide to Stepping Up Without Burning Out at Work

Katy Murray

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398605060

£16.99 | Paperback / softback | 320pp. | April 2022

Discover your power as a change-maker and have an impact at work, without burning out.



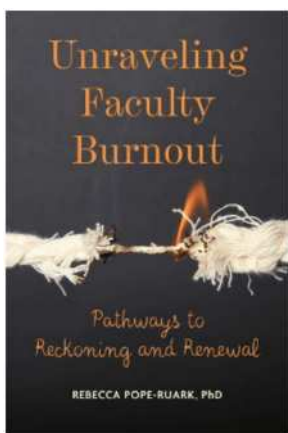
The Focus Fix : Finding Clarity, Creativity and Resilience in an Overwhelming World

Chris Griffiths

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398616103

£14.99 | Paperback / softback | 256pp. | July 2024

Discover the power of finding focus in a world full of distractions through practical tips and scientific insights.



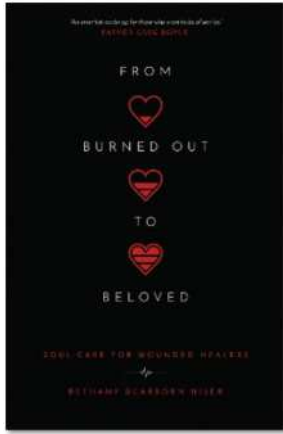
Unraveling Faculty Burnout : Pathways to Reckoning and Renewal

Rebecca Pope-Ruark

Johns Hopkins University Press (John Wiley & Sons Ltd) | 9781421445120

£21.50 | Paperback / softback | 256pp. | November 2022

A timely book about assessing, coping with, and mitigating burnout in higher education.



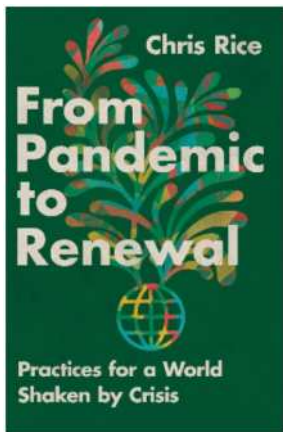
From Burned Out to Beloved – Soul Care for Wounded Healers : Soul Care for Wounded Healers

Bethany Dearbor Hiser

InterVarsity Press (John Wiley & Sons Ltd) | 9780830847952

£11.99 | Paperback / softback| 208pp. | November 2020

As a social worker, jail chaplain, and justice advocate, Bethany Dearborn Hiser pushed herself to the brink of burnout-only to discover that she needed the very soul care she was providing to others. Tackling the effects of secondary trauma and burnout, this is a trauma-informed soul care guide for Christians working in high-stress, helping professions.



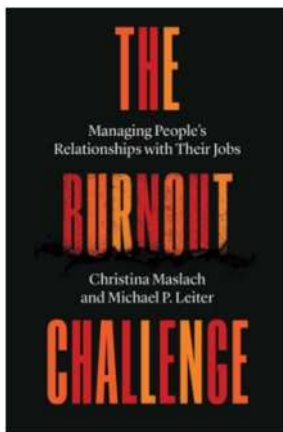
From Pandemic to Renewal : Practices for a World Shaken by Crisis

Chris Rice

InterVarsity Press (John Wiley & Sons Ltd) | 9781514005521

£14.99 | Paperback / softback| 240pp. | May 2023

The pandemic changed the world. Mental exhaustion, economic disparities, and escalating divisions now mark our times. But these challenges can be opportunities for renewal. Chris Rice examines eight interrelated crises of the pandemic era and provides pathways for followers of Christ to bring transformation and healing to their communities.



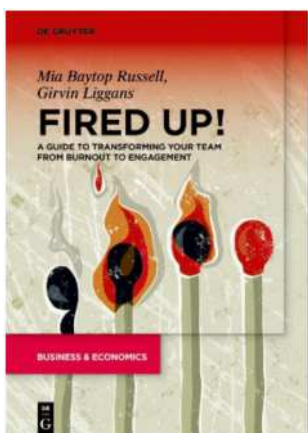
The Burnout Challenge : Managing People's Relationships with Their Jobs

Christina Maslach

Harvard University Press (John Wiley & Sons Ltd) | 9780674251014

£23.95 | Hardback| 272pp. | November 2022

Solutions to workplace burnout often involve victim-blaming: Stressed? Try therapy—or a new job. But burnout is a sign of defective workplaces, not workers. Drawing on decades of research, Christina Maslach and Michael Leiter show managers how to recognize burnout and fix problems cost-effectively, improving employees' productivity and health.



Fired Up! : A guide to transforming your team from burnout to engagement

Mia B. Russell

De Gruyter (HGV) | 9783110741629

£29.95 | Paperback / softback| 176pp. | August 2022

This book will offer the reader specific and practical strategies to assess their work environment for factors that influence burnout and engagement, acknowledge findings (through transparent and responsive communication with their team), and act on what has been learned (stop doing what has not worked, keep doing what has worked, and start doing some new things).



Overcoming Overwhelm Journal : A 12-Week Wellness Planner for Finding Peace in a Busy World

Bex Spiller

David Charles (Grantham Book Services (GBS)) | 9781446310663

£14.16 | Hardback | 256pp. | November 2023

Spread over 12 weeks, the Overcoming Overwhelm Journal guides users through the tools and techniques that can elevate the mind and allow them to tackle the world without being overwhelmed by everything.



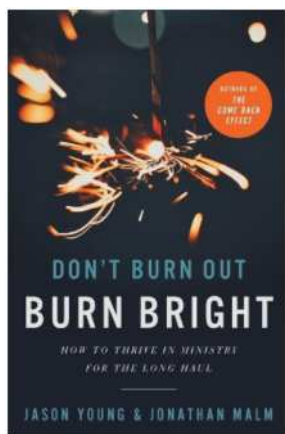
The Anti-Burnout Journal : A 12-Week Multi-Platform Wellness Planner for Self-Care and Stress Relief

Bex Spiller

David Charles (Grantham Book Services (GBS)) | 9781446309155

£16.66 | Hardback | 256pp. | January 2022

A multi-platform solution to the growing problem of burnout caused by prolonged stress. This undated journal spans 12 weeks with weekly lessons delivered through the pages of the journal alongside an online dashboard with lifetime access to video lessons in yoga, mindfulness, meditation, nutrition and breathwork.



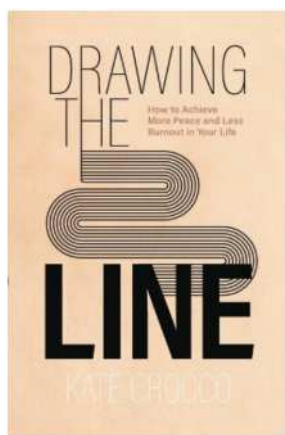
Don't Burn Out, Burn Bright – How to Thrive in Ministry for the Long Haul

Jason Young

Baker Publishing Group (John Wiley & Sons Ltd) | 9781540902955

£14.99 | Paperback / softback | 192pp. | September 2023

Highly sought-after speakers and consultants help pastors and ministry teams fine-tune their leadership and organize their lives to thrive as high-capacity leaders without falling into exhaustion and burnout.



Drawing the Line – How to Achieve More Peace and Less Burnout in Your Life : How to Achieve More Peace and Less Burnout in Your Life

Kate Crocco

Baker Publishing Group (John Wiley & Sons Ltd) | 9780801094774

£13.99 | Paperback / softback | 208pp. | May 2022

Overwhelmed by the claims on your time and energy? Psychotherapist and business mindset coach Kate Crocco shows you how to claim your priorities, establish healthy limits, and step into the abundance God promises you.