



Idealist's Survival Kit, The: 100 Simple Ways to Prevent Burnout

Alessandra Pigni

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Self-Care for Responders is a series of 100 short reflections on mindfulness in action designed to support humanitarian professionals and volunteers in addressing the specific themes and issues that they are likely to encounter in their work. *Self-Care for Responders* is built on the premises that changing the world starts from within and that personal development and global development are interlinked.

Informed by academic research on humanitarian studies and aid workers' lifestyle, as well as organizational psychology and studies on burnout, Alessandra Pigni offers concrete help to aid workers. She shares their personal stories of working on the frontlines, gathered over years of interaction with humanitarian professionals and backed up by cutting-edge research, to offer antidotes to burnout, loss of motivation or purpose/meaning, and other challenges that aid workers often face. Getting to know ourselves, setting appropriate boundaries, extending respect to oneself and colleagues—these are the conditions that allow all of us to engage with any situation with more awareness, openness, and compassion for ourselves and others. The reflections focus on aid workers' well-being and connect personal and global development.

From the Trade Paperback edition.

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Reading can called head hangout, why? Because if you find yourself reading a book specially book entitled Idealist's Survival Kit, The: 100 Simple Ways to Prevent Burnout your mind will drift away trough every dimension, wandering in each and every aspect that maybe not known for but surely can be your mind friends. Imaging each and every word written in a guide then become one application form conclusion and explanation in which maybe you never get just before. The Idealist's Survival Kit, The: 100 Simple Ways to Prevent Burnout giving you one more experience more than blown away your thoughts but also giving you useful data for your better life within this era. So now let us present to you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

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Your reading 6th sense will not betray you, why because this Idealist's Survival Kit, The: 100 Simple Ways to Prevent Burnout book written by well-known writer who really knows well how to make book that could be understand by anyone who also read the book. Written within good manner for you, still dripping wet every ideas and producing skill only for eliminate your personal hunger then you still doubt Idealist's Survival Kit, The: 100 Simple Ways to Prevent Burnout as good book not just by the cover but also by the content. This is one reserve that can break don't evaluate book by its handle, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your studying sixth sense already said so why you have to listening to another sixth sense.

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