



# **From Burned Out to Fired Up: A Woman's Guide to Rekindling the Passion and Meaning in Work and Life**

*Leslie Godwin*

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## **From Burned Out to Fired Up: A Woman's Guide to Rekindling the Passion and Meaning in Work and Life** Leslie Godwin

As a recovering workaholic, psychotherapist and author who has helped thousands of professionals find meaningful work, Leslie Godwin knows the effects of stress and job burnout—physical, mental and spiritual exhaustion. For the millions of struggling women who wear many hats, Godwin offers real solutions – it's not about balancing or multitasking; it's about making true life changes that result in a renewal of passion and meaning.

For corporate professionals, budding entrepreneurs or stay-at-home mothers (and yes, that's work, too!), Godwin's compelling case studies, helpful tips, quizzes and worksheets will change their lives.

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