

Burnout From Tedium To Personal Growth

Burnout Burnout Association Management Text-book of Physiological and Pathological Chemistry The Psychiatric Forum Stress and Burnout in the Human Service Professions Journal of Psychosocial Nursing and Mental Health Services Burnout in the Nursing Profession Basic Processes in Helping Relationships Journal of Psychology and Judaism Social Casework Every Woman's Emotional Well-being The Alienated Librarian Development Through Life Social Work AIDS Job Stress and Burnout Job Satisfaction of Rehabilitation Practitioners in the Proprietary Sector in Relation to Education and Job Tenure Heal Thyself Stress Burnout Ayala Malakh-Pines Ayala M. Pines Gustav von Bunge Barry Alan Farber Edwina A. McConnell Thomas Ashby Wills Carol Tavris Marcia J. Nauratil Barbara M. Newman Helen Marianne Land Whiton Stewart Paine Kristin Ann Bransford Cynthia D. Scott T. F. Riggat

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bringing together the expertise of 23 eminent physicians writers and educators this book addresses such wide ranging topics as the impossible pursuit of perfection understanding and improving self esteem romance and love family and career and more

the alienated librarian is a thoughtful thorough analysis of the proletarianization of professional work throughout history what this book does is to present a penetrating investigation of the problem draw thoughtful conclusions and

suggest coping strategies collection management this excellent book should attract a wide audience including professional librarians library school faculty and students library administrators and the consulting community it is highly recommended information processing management nauratil s analysis does help us gain an understanding of the issue just as her concluding chapter on coping and beyond may help us address the issue when we are confronted with it wilson library bulletin perhaps because of the popular stereotype of librarianship as a low pressure nonstressful profession librarians have been largely overlooked in current research on occupational burnout yet like other human service personnel who are in continual contact with the public more and more librarians are experiencing burnout and consequent alienation in the workplace this study is the first to provide a comprehensive analysis of the problem as it exists among today s librarians nauratil begins with an examination of the burnout phenomenon and the factors that contribute to stress and alienation in the human service professions she discusses the additional pressures resulting from the dilemmas faced by libraries including dwindling budgets theft of library materials understaffing and the demand for broader or improved services the costs associated with burnout such as reduced productivity rapid employee turnover and deterioration of services are also considered the author asks whether alienation and burnout are the inevitable consequences of the librarian s job under contemporary conditions and assesses the possible long term effects of current developments both within library systems and in the communities and institutions they serve finally she explores various strategies for coping with this type of occupational hazard and for strengthening the library system as a whole this carefully researched and clearly written work will be a valuable resource for courses or research in librarianship occupational sociology personnel management and related subjects

experts on burnout discuss in this volume its symptoms and processes and ways of understanding the syndrome the causes of job stress its relationship to broader social trends and the economic costs of burnout are also defined and analyzed the second half of the book describes effective interventions both with individuals and organizations the book is well written and easy to read recommended for both lower division and advanced undergraduates as wll as graduate or professional students interested in the topic choice october 1983 most of the papers in this collection are informative clearly written and stimulating there are significant theoretical contributions as well as many pr

over 1000 references to monographic and serial publications intended to inform the reader as to the scope and depth of the stress burnout syndrome alphabetical arrangement by authors each entry gives bibliographical information and lengthy annotations contains lists of signs and symptoms courses and sources and coping strategies

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