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Dr. Steven Berglas' "Reclaiming the Fire: How Successful People Overcome Burnout" is the type of book that is so useful, I wish I had read it years before I actually did. Dr. Berglas is a clinical psychologist who currently teaches at UCLA and is an adjunct faculty member at Harvard Medical School.

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improved physical health. Reclaiming the Fire uses the working world not the psychiatric couch as a venue for understanding the psychological and emotional burdens of success. It is the first comprehensive account of how to balance self-esteem and ambition while maintaining challenge

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