



High-Octane Women: How Superachievers Can Avoid Burnout

By Dr. Sherrie Bourg Carter

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This title is filled with expert advice on how to avoid burnout and maintain a healthy work/life balance. Today, women all over the world hold many of the highest positions in government and business. Unfortunately, there is another, perilous side to this success story. Many bright, ambitious, and highly driven women ultimately burn out before their male counterparts. What causes them to give up, melt-down, or just walk away when they seem to have it all? And more importantly, what can be done to prevent it? In this authoritative, thoroughly researched volume, psychologist Sherrie Bourg Carter draws on more than 15 years experience and expertise to explore the unique challenges high-achieving women face and provides helpful insights and practical ways to avoid burnout, enjoy healthy fulfilling lives, and find the perfect work/life balance.

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Editorial Review

From Publishers Weekly

Carter, a nationally recognized psychologist specializing in extreme stress in women, addresses the pressures highly competitive positions exert on women. Although women hold more than half of the management and professional positions in the U.S., burnout is high. Carter examines the multiple causes for stress, including double standards, gender discrimination, psychological abuse, jobs with 24-hour technology demands, and lack of support at home. Recognizing that normal de-stressors such as exercise and meditation aren't sufficient, Carter proposes her own solutions that will enable women to revitalize themselves. Such solutions could be scheduling uninterrupted time, knowing one's personality, setting boundaries in commitments, or being realistic in expectations of others. Carter (*Justice For All: Challenges of the Mentally Ill in the Legal System*) also offers suggestions for social support, danger signals for stress trigger points, and guidelines for societal and corporate changes. This is a practical, useful guide; hopefully, corporate women won't be too stressed out to read it. (Nov.)

Review

"A must-read for high achieving women who have come to accept stress as a way of life."

--Cindy Krischer Goodman, Miami Herald columnist of "The Work/Life Balancing Act"

"Gain powerful tools to manage your life and to keep your engine 'revved up!'"

--Dr. Priscilla V. Marotta, psychologist and author of "Power and Wisdom: The New Path for Women"

"... not a 'one-size-fits-all' self-help throw away, but a sensitive, insightful window into the world of professional women, their unique stressors, and proven approaches to ameliorate them." --Laurie Shanks, Professor, Albany Law School

"Finally ... compelling and enlightening research combined with a realistic road map for high-achieving women to reverse burnout and find our way back to sanity!" --Caryl Ginsberg Fantel, MrFood.com Editor, Music Director, and Arts Advocate

"Dr. Bourg Carter reinforces a basic truth: control your professional job before it kills you. This is a harsh reminder of what we all need--work smarter, not longer--and take our lives back." --John Wesley Hall, Criminal Defense Lawyer

From the Inside Flap

Wow! A complete and life-transforming journey of enlightenment, recognition, solutions, and relief! As an entrepreneur working alone in a home office, I was surprised to learn that I am a high-octane woman. I found answers to questions I've had for many years and now feel supported and validated. Dr. Bourg Carter's book is a must-read for all women working in or outside the home and is a great support tool for their families as well. I like to highlight the best parts of a book to review later, but *High Octane Women* was becoming completely covered in yellow highlights! The research and preparation for this book is evident and appreciated. Thank you, thank you, THANK YOU!--Kelly Rudolph, author, speaker, personal safety trainer, positive woman coach

Users Review

From reader reviews:

Robert Rios:

In this 21st hundred years, people become competitive in each way. By being competitive now, people have do something to make these individuals survives, being in the middle of the particular crowded place and notice through surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Sure, by reading a publication your ability to survive enhance then having chance to stand than other is high. To suit your needs who want to start reading a new book, we give you this specific High-Octane Women: How Superachievers Can Avoid Burnout book as nice and daily reading e-book. Why, because this book is greater than just a book.

Marcus Musick:

Do you one of people who can't read gratifying if the sentence chained within the straightway, hold on guys this aren't like that. This High-Octane Women: How Superachievers Can Avoid Burnout book is readable simply by you who hate the straight word style. You will find the data here are arrange for enjoyable reading experience without leaving actually decrease the knowledge that want to provide to you. The writer of High-Octane Women: How Superachievers Can Avoid Burnout content conveys the thought easily to understand by most people. The printed and e-book are not different in the content material but it just different by means of it. So , do you continue to thinking High-Octane Women: How Superachievers Can Avoid Burnout is not loveable to be your top checklist reading book?

Richard Bennett:

Spent a free time for you to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the reserve untitled High-Octane Women: How Superachievers Can Avoid Burnout can be excellent book to read. May be it might be best activity to you.

Louella Rape:

Many people spending their time by playing outside using friends, fun activity along with family or just watching TV 24 hours a day. You can have new activity to spend your whole day by looking at a book. Ugh, you think reading a book can actually hard because you have to accept the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Touch screen phone. Like High-Octane Women: How Superachievers Can Avoid Burnout which is keeping the e-book version. So , why not try out this book? Let's observe.

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