

Unlocking the Code to Human Resiliency

Building Professional Resiliency Against Burnout, Traumatic Stress, and Compassion Fatigue

This groundbreaking book defines a new paradigm to help professionals mitigate the effects of work-related stress. It presents a never-before-seen look into the neurobiological effects of stress upon professionals in relationship-intense occupations. By developing a comprehensive understanding of human neurophysiology, professionals who face stress on a daily basis will be able to push past barriers and find greater success in their career.

More About this Book:

- Written with a variety of professionals in mind — mental health professionals, healthcare professionals, first responders and other public safety personnel, teachers, peer support specialists, foster parents, and other caring and helping professionals — this book will help to ameliorate the symptoms of work-related stress, burnout, traumatic stress, and compassion fatigue.
- Unlocking the Code to Human Resiliency provides a step-by-step guide on how to counteract various types of stress, with techniques to access the code to human resiliency and unlock the door to professional success.
- Filled with evidence-based skills, anecdotes, hands-on exercises, and tried-and-true strategies, this book will teach you how to live a less stressful life and build the skills that provide an immunity against stress-related disorders.

UNLOCKING THE CODE TO HUMAN RESILIENCY:

BUILDING IMMUNITY AGAINST
TRAUMATIC STRESS, BURNOUT AND
COMPASSION FATIGUE



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