



# **American Dream, American Burnout: How to cope when it all gets to be too much**

*Gerald Loren Fishkin Ph.D.*

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# American Dream, American Burnout: How to cope when it all gets to be too much

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**American Dream, American Burnout: How to cope when it all gets to be too much** Gerald Loren Fishkin Ph.D.

This book was written for anyone who wants to be free from the tyranny of stress and burnout. Burnout can affect anyone, especially in today's world, where "The American Dream" has been replaced by the realities of a faltering economy, breakdown of the family and societal disintegration. Burnout is not a natural state, and no one should have to live with its emotional pain. Dr. Fishkin explains how to readjust counterproductive thought processes and behaviors and learn new, healthy methods for coping. He details both self-help techniques and suggested resources to reach out to the community or the workplace for assistance.

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