

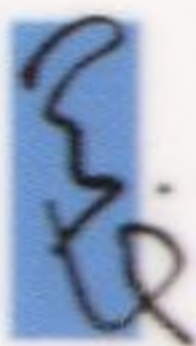


Keep burnout at bay with 54 brief, accessible and empowering practices.

- Regain balance
- Enjoy the work
- Cultivate empathic attunement
- Build compassion
- Manage countertransference triggers
- Practice self-care

Edited by

Laura Warren, MD • Mitch Abblett, PhD  
Christopher Willard, PsyD



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