



Burnout: Der Brand in Dir! (German Edition)

Talida Antares

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Eine Frau im besten Alter.

Karrierefrau, Familienmanagerin als Mutter und Ehefrau zugleich.

Eine Person, immer funktionierend, diszipliniert und präzise wie ein Schweizer Uhrwerk.

Bis zu einem besagten Tag. Der Tag, der alles aus dem Ruder laufen lässt, ihr Leben in Frage und auf den Kopf stellt.

Ein verheerendes Feuer, aus dem Nichts kommend, hat alles gelöscht.

Physisch und psychisch, von einem auf den anderen Moment, zu nichts mehr in der Lage. Ein Alptraum beginnt mit der Suche nach sich selbst.

Wege der Ängste, Depressionen und Selbstzweifel werden betreten, ohne deren Folgen zu kennen.

Aber es gibt Hoffnung, ein Licht am Ende des Tunnels. Ein Wandel beginnt. Man erkennt auf einmal, was im Leben wirklich zählt.

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