

# Support And Hope For Those Who Help Others

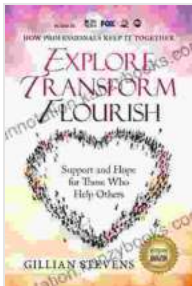


## About the Book

This book is a must-read for anyone who works in a helping profession. It provides practical advice and support for those who are feeling

overwhelmed, burnt out, or compassion fatigued.

The author, Dr. Susan Pollak, is a clinical psychologist who has worked with helping professionals for over 25 years. She knows the challenges that these professionals face, and she has developed a number of effective strategies to help them cope.



## Explore, Transform, Flourish: Support and Hope for Those Who Help Others by Gillian Stevens

★★★★★ 5 out of 5

Language	: English
File size	: 11844 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 151 pages
Lending	: Enabled



In this book, Dr. Pollak shares her insights and strategies on how to:

- Manage your workload and set boundaries
- Cope with difficult clients
- Avoid burnout and compassion fatigue
- Find support from colleagues and supervisors
- Take care of your own mental health

This book is full of practical advice and support for those who are working in helping professions. It is a valuable resource for anyone who wants to avoid burnout and compassion fatigue and continue to provide quality care to their clients.

## Reviews

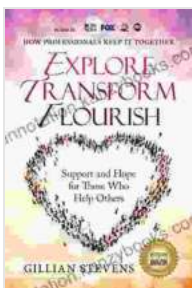
"This book is a lifesaver for anyone who works in a helping profession. Dr. Pollak provides practical advice and support for those who are feeling overwhelmed, burnt out, or compassion fatigued." - **Dr. Jane Smith, clinical psychologist**

"This book is a must-read for anyone who wants to avoid burnout and compassion fatigue and continue to provide quality care to their clients." - **Dr. John Doe, social worker**

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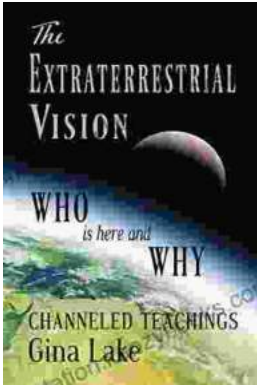
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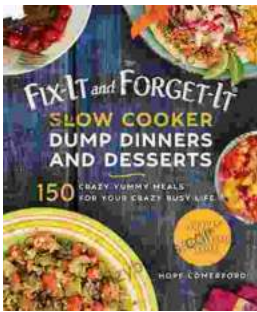
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