

# HIGH OCTANE WOMEN



How Superachievers Can  
**AVOID BURNOUT**

Dr. Sherrie Bourg Carter

# High Octane Women How Superachievers Can Avoid Burnout

**Vicky Silverthorn**



## **High Octane Women How Superachievers Can Avoid Burnout:**

**High Octane Women** Sherrie Bourg Carter, 2011-02-02 In this authoritative well researched book full of helpful insights and practical advice a psychologist draws on more than 15 years experience and expertise in stress management to explore the unique challenges that high achieving women face and how they can avoid burnout **Management And Leadership Innovations** Anne Woodsworth, W. David Penniman, 2014-06-04 Vol 38 of Advances in Librarianship focus on innovative leadership and management techniques e g selecting new team members service design mindful leadership burnout causes and management librarians as independent active public leaders and how libraries and other non profit organizations can use UN s Agenda 21 to achieve sustainability Depression, Burnout and Suicide in Physicians Luigi Grassi, Daniel McFarland, Michelle B. Riba, 2021-11-30 This book provides a reference and contextual basis for depression burnout and suicide among oncology and other medical professionals Oncology as a medical subspecialty is at a unique apex of this crisis While the same pressures in medicine certainly apply to oncologists oncology is particularly stressful as a changing field with diverse patient and societal expectations for outcomes In addition to experiencing the stress of caring for patients that could succumb to their cancer diagnoses these professionals are regularly confronted with an onslaught of new medical information and a landscape that is changing at a breakneck pace These are just a few factors involved in the increasing rates of burnout among oncologists as well as other medical professionals By addressing a gap in identifying mental health problems among health care professionals this book sheds light on mental health problems and suicide among physicians Importantly this book is a call to action of the professional and administrative organizations to work on improving mental health of physicians Anxiety and depression affect not only the individual doctor but also patient care Given the increasing attention to these issues along with limited yet applicable data regarding how to address these issues the text aims to bring the latest data face to face with consensus opinion and can be used to ultimately enhance oncologic and psychiatric practices Written by experts in the field Depression Burnout and Suicide in Physicians Insights from Oncology and Other Medical Professions aims to significantly increase awareness and contribute to understanding the necessity of preventive measures on individual family and care givers levels **Acedia: the Darkness Within** Dave MacQuarrie MD PhD, 2012-11-29 There are many books written on the need to change consciousness but rarely does anyone explore the depths of humanitys refusal to do so even under threat of the approaching cataclysm in our refusal to deal with climate change Dave MacQuarrie has written such a book In it he explains both why it is so difficult for us to change and what all of us can do to become more aware and more free of the darkness within It is a superb book Jim Garrison President and CEO of Ubiquity University and author of *Civilization and the Transformation of Power* Acedia is a well informed and inspired book about the historical and psychological origins of a centuries old affliction Acedia masterfully connects the dots between personal psychological traumas and looming environmental collapse Dr MacQuarrie pulls no punches yet offers a ray of hope that we just might save

our future Christian de Quincey PhD Professor of Philosophy and Consciousness Studies John F Kennedy University and author of *Radical Nature The Soul of Matter* This is a wise searching book by an authentic scholar and seeker It helps us enter into the darker waters of our crisis and find their treasures of dark wisdom and endurance Andrew Harvey poet mystical scholar Founder Director of the Institute of Sacred Activism and author of *The Hope A Guide to Sacred Activism* Dr MacQuarrie has lifted the ancient monastic curse of acedia out of its medieval tomb and applied it aptly to the dis ease of the contemporary world His interpretation of the human resistance is perceptive and provides important insights into our present inclination to repudiate changes that demand action on our part A serious and sensitive work Father John Julian an Episcopal priest and contemplative monk translator of Julian of Norwich's *Revelations of Divine Love*

**The Happy, Healthy Nonprofit** Beth Kanter, Aliza Sherman, 2016-09-21 Steer your organization away from burnout while boosting all around performance The Happy Healthy Nonprofit presents realistic strategies for leaders looking to optimize organizational achievement while avoiding the common nonprofit burnout With a uniquely holistic approach to nonprofit leadership strategy this book functions as a handbook to help leaders examine their existing organization identify trouble spots and resolve issues with attention to all aspects of operations and culture The expert author team walks you through the process of building a happier healthier organization from the ground up with a balanced approach that considers more than just quantitative results Employee wellbeing takes a front seat next to organizational performance with clear guidance on establishing optimal systems and processes that bring about better results while allowing a healthier work life balance By improving attitudes and personal habits at all levels you ll implement a positive cultural change with sustainable impact Nonprofits are driven to do more more more often with fewer and fewer resources there comes a breaking point where passion dwindles under the weight of pressure and the mission suffers as a result This book shows you how to revamp your organization to do more and do it better by putting cultural considerations at the heart of strategy Find and relieve cultural and behavioral pain points Achieve better results with attention to well being Redefine your organizational culture to avoid burnout Establish systems and processes that enable sustainable change At its core a nonprofit is driven by passion What begins as a personal investment in the organization s mission can quickly become the driver of stress and overwork that leads to overall lackluster performance Executing a cultural about face can be the lifeline your organization needs to thrive The Happy Healthy Nonprofit provides a blueprint for sustainable change with a holistic approach to improving organizational outlook

**Burnout in Women Physicians** Cynthia M. Stonnington, Julia A Files, 2020-06-15 This book is the first to dissect the factors contributing to burnout that impact women physicians and seeks to appropriately address these issues The book begins by establishing the differences in epidemiology between female physicians and their male counterparts including rates of burnout depression and suicide chosen fields caregiving responsibilities at home career tradeoffs in dual physician marriages patient satisfaction and outcomes academic rank leadership positions salary and

turnover The second part of the book explores the drivers of physician burnout that disproportionately affect women each chapter beginning with a case vignette This section covers many issues that often go unrecognized including unconscious bias sexual harassment gender role conflicts domestic responsibilities depression addiction financial stress and the impact related to reproductive health such as pregnancy and breastfeeding The book concludes by focusing on strategies to prevent and or mitigate burnout among individual women physicians across the career lifespan This section also includes recommendations to change the culture of medicine and the systems that contribute to burnout Burnout in Women Physicians is an excellent resource for physicians across all specialties who are concerned with physician wellness and burnout including students residents fellows and attending physicians

*The Dynamic Introvert: Leading Quietly with Passion and Purpose* Lesley Taylor, 2014-11-23 The Dynamic Introvert Leading Quietly with Passion and Purpose shows readers how to excel as quiet leaders and how to succeed in their careers This expanded 2nd edition features New Research Updated stories Checklists tools and additional resources In The Dynamic Introvert leadership coach Lesley Taylor artfully integrates findings from a variety of sources providing fresh perspective on what it means to be a leader and presents her insights in a clear and accessible manner Laurie Helgoe Ph D author of Introvert Power Why Your Inner Life is Your Hidden Strength How can an author pack so much wisdom and common sense into one book Well Coach Lesley Taylor has done a beautiful job of it and has made a major contribution to advancing the introvert conversation I plan on sharing this book with all of my clients Jennifer B Kahnweiler Ph D CSP author of The Genius of Opposites Quiet Influence and The Introverted Leader Discover how you too can succeed

**True You** Susan Sohn, 2018-12-04 Live your one life well We pretend to lead picture perfect lives We post filtered images of our families smiling on a sunny beach our protein shakes accenting our pre workout selfies and our freshly baked cookies cooling in our spotless kitchens But we sit at home scrolling through Instagram feeling empty lonely and lost After hundreds of honest conversations with women from around the world Susan Sohn has come to understand the pressures twenty first century women feel to maintain glamorized portrayals of themselves In True You Susan shares insight from her interviews and personal experiences that encourage you to reject the lies that you re not enough and learn to walk in truth ignore the pressure to perform and know who you are in Christ stop masking loneliness and connect with other women Once we allow ourselves to be seen known and loved just as we are we become free to be who God created us to be Find the true you and lead a life of authenticity

**Start with Your Sock Drawer** Vicky Silverthorn, 2016-09-08 Spring clean your life with this practical achievable guide to decluttering from the British Marie Kondo Wardrobes bursting with unworn clothes Boxes full of obsolete chargers and neglected children s toys A dresser jammed full of mismatched socks Sound familiar Many of us feel increasingly overwhelmed by the sheer amount of stuff packed into our homes Being organised at home doesn t just mean always knowing where you left the remote it means being able to face the world with a clear mind and increased energy It all starts at home But where When the problem is so vast

and we are all so busy how do you even begin to tackle the clutter mountain Professional organiser Vicky Silverthorn has the simple answer start with your sock drawer Using tried and tested methods Vicky will guide you through practical bite sized tasks that will help you achieve a friendly level of organisation throughout your home and a life changing clarity of mind With Vicky s help you can banish clutter and turn your home into a sanctuary Perfect for fans of the Netflix series Tidying up with Marie Kondo and followers of Mrs Hinch Readers love Start With Your Sock Drawer Full of useful tips Great advice in this concise book which will get you on your way to better organisation and leading an uncluttered life As a professional declutterer this is the only book I regularly recommended to my clients Informative and practical Excellent sensible advice

Facehooked Suzana E. Flores,2021-09-07 The number of Facebook users worldwide exceeded one billion in August of 2012 With the increase in Facebook users psychologists have seen an alarming increase in the number of Facebook related complaints from their clients Dr Suzana Flores clinical psychologist has interviewed Facebook users of all ages for three years exploring the positive and negative features of Facebook and evaluating the effect it has on our lives Facehooked explores the problems most commonly found on Facebook including controversial topics such as self esteem privacy peer pressure stalking emotional manipulation among others Readers are not only provided with practical tools to help identify and avoid unhealthy behaviors but also suggestions for healthier interaction on Facebook Health Psychology Regan A. R. Gurung,2018-09-07 Health Psychology Well Being in a Diverse World introduces students to the main topics and issues in health psychology through a unique perspective focused on diversity Using a conversational tone author Regan A R Gurung explores the key determinants of behavior such as family environment ethnicity and religion and connects concepts to personal experiences for students to gain a deeper understanding and appreciation of the material Extensively updated based on over 1 000 new articles cited and with a new chapter on research methods the Fourth Edition reflects the latest cutting edge research in the field to explain more thoroughly how context and culture are important predictors of healthy behavior

THE WINNING YOU SANKET PAI,2017-08-16 How long can you focus on an activity without getting distracted With every ding on your computer or phone are you tempted to look at the new email or text message As a professional a business person a student or a stay at home parent you always have a lot on your plate Staying focused can be quite a challenge with all the distractions around How can you survive this deluge of distractions and accomplish what you set out to do in your day Developing focus is a skill that can be learned Bear in mind that an unrelenting focus is the only mantra to get going and get anything done Think of The Winning You as your cheat sheet to mastering this skill The Winning You does not talk about getting rid of your gadgets It does not talk about living a minimalist life Rather it includes simple and easy to grasp techniques that have been derived from the author s personal experiences and adaptations These techniques have been tried and tested successfully over the years The book is replete with action oriented ideas and tips that you can implement straight away When followed diligently these techniques are sure to help you master your focus **The Right to Home** Tasoulla

Hadjiyanni,2019-09-05 This book explores how the design characteristics of homes can support or suppress individuals attempts to create meaning in their lives which in turn impacts well being and delineates the production of health income and educational disparities within homes and communities According to the author the physical realities of living space such as how kitchen layouts restrict cooking and the size of social areas limits gatherings with friends or how dining tables can shape aspirations have a salient connection to the beliefs culture and happiness of the individuals in the space The book s purpose is to examine the human capacity to create meaning and to rally home mediators scholars educators design practitioners policy makes and advocates to work toward Culturally Enriched Communities in which everyone can thrive The volume includes stories from Hmong Somali Mexican Ojibwe and African American individuals living in Minnesota to show how space intersects with race gender citizenship ability religion and ethnicity positing that social inequalities are partially spatially constructed and are therefore malleable

I Love Mondays Michelle Cove,2012-10-30 A growing number of women today are fortunate enough to enjoy both parenting and having a meaningful career These moms look forward to going back to work on Mondays even if they don t admit it aloud and many consider their job to be a major part of their identity not just the daily grind But because moms who love their jobs and their families feel lucky to have both they often feel they have no right to complain about the anxieties and stresses of balancing the two which inevitably leads to even more anxiety and stress In I Love Mondays Michelle Cove shares the most common confessions she hears from working moms From I m tired of apologizing when I try so hard to please everyone to I stress about falling behind at work when my kid needs extra attention Cove explores the difficulties faced by working moms and provides real life anecdotes helpful new perspectives and mom tested strategies for dealing each one Full of hilarious and humbling stories from women who are trying to have it all I Love Mondays will help working moms everywhere alleviate their anxiety hone their work home juggling skills and boost their confidence in their roles as professionals and as parents

**The Conscious Communicator** Nikki Porter,2018-12-17 With a passion for connecting with people author Nikki Porter opens an honest and vulnerable conversation about the importance of clear and mindful communication in achieving healthy relationships and a happy life In The Conscious Communicator she uses her experience with horses to add insight to where miscommunications unnecessary drama and frustration originate Porter discusses concepts used to train horses which focus on conscious clear and compassionate communication and applies them to all relationships With a mix of research and honest personal perspective Porter encourages you to become more conscious of your communication with others by shining the light inward and allowing you to change your approach and perspective when interacting with people in all facets of life Porter argues you must become conscious of your thoughts and emotions in order to take responsibility for how you communicate daily The Conscious Communicator offers exercises that determine your communication strengths and weaknesses It reminds you to live a life true to yourself by creating healthy boundaries and letting go of what doesn t serve your growth and happiness Along with

the encouragement to become more mindful she reassures you this isn't a quest for perfection where you'll never encounter an argument again it's a pursuit of creating and maintaining relationships which bring joy

Managerial Accountant's Compass Gary Oliver, 2018-10-09 This is the first detailed view of the managerial accountant's role and responsibilities in organization setting Its aim is to foster role development the opportunity to work at an advanced level of practice Accounting studies develop technical skills associated with topics and responding to defined scenarios but provide very little guidance on what to recognizing and approaching the broad problems or challenges under conditions of uncertainty It is a double first because it provides the managerial accountant's compass as a general purpose analytical framework for managerial accounting independent of any selected theory and method The metaphor of a compass creates a mental schema for its four points named 1 goals and principles 2 boundaries and constraints 3 methods and models and 4 collegial relationships Dynastic Chinese and some other Central Asian cultures view the center as a fifth principal direction giving a total of five points The center represents a high standard ethical conduct and self care or moral compass Managerial Accountant's Compass offers an integrated and systematic guide to approaching situations that are constantly changing It gives a protective starting pattern which produces new meanings and awareness of the ambiguity and uncertainty for each situation Ultimately the managerial accountant's compass can help you make more effective sense of yourself your expertise and your practice in the organization where you work which should open career opportunities

**New Books on Women, Gender and Feminism** ,2010 New Books on Women and Feminism ,2011

12-03-2024, **Les miracles du rangement** Vicky Silverthorn, 2017-03-29 Nos intérieurs devraient être des havres de paix des espaces clairs et lumineux Pourtant combien d'objets inutiles de papiers de vêtements mal rangés viennent polluer nos espaces et nos vies Une seule solution il faut faire du tri jeter et ranger L'auteur une professionnelle du rangement qui organise les maisons des stars mais aussi les petits appartements a une méthode toute simple il faut commencer par les chaussettes Et continuer tiroir après tiroir puis ce tiroir puis ce tiroir puis ce tiroir sans vouloir tout faire en une seule fois Une méthode douce progressive qui permet de ne plus jamais se laisser déborder Vous aborderez le rangement de votre espace avec enthousiasme ranger deviendra même un moment privilégié Une véritable thérapie mentale Dénoscombrez votre intérieur pour dénosercombrer votre vie



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