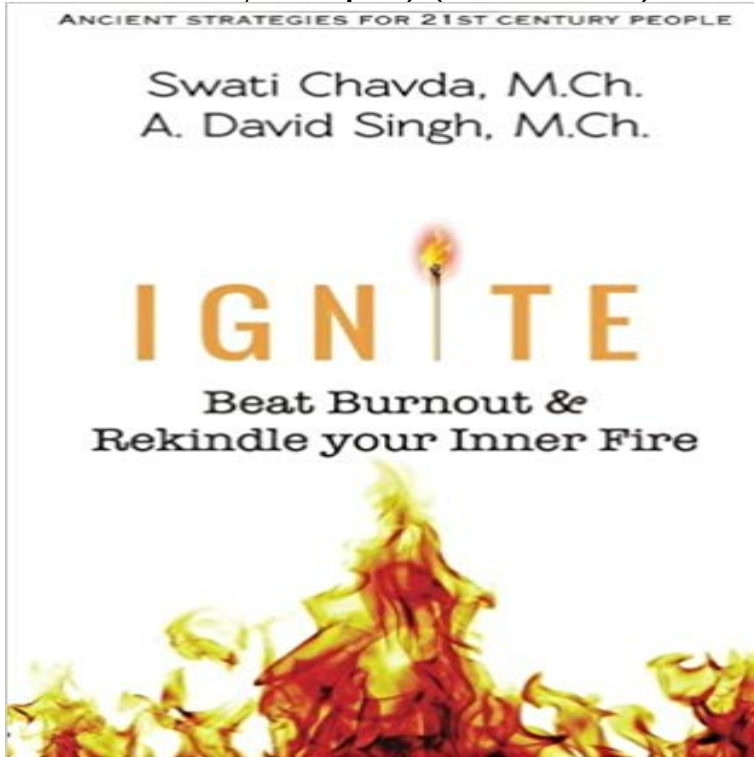


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What is holding you back from becoming your best self? Burned out? Tired? Depleted? Are there days when you wake up feeling empty and exhausted? If so, you are not alone. Burnout is a modern epidemic that kills passion, purpose, and productivity in people from all walks of life. But the good news is that burnout doesn't have to be permanent. You deserve to find your energy and enthusiasm once again, not just survive, but thrive. And that is possible when you ignite your inner fire. Stoking this fire requires finding your balance between giving and taking. This book provides you with tools to find that balance. The authors, both neurosurgeons, approach the subject of burnout from a fresh angle, using the analogy of fire and examples from ancient history. In **IGNITE: Beat Burnout & Rekindle your Inner Fire** you will discover: Is your personality causing your burnout? What is a Fire Triad? And how to use its elements to rekindle your inner fire. What led to burnout in Alexander's army? What did Julius Caesar do to avoid Alexander's mistakes and how you can too. Read this book if you are experiencing burnout, and want to reclaim the fire you once had. Stop your burnout before your burnout stops you.

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