The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It
Christina Maslach, Michael P. Leiter


DESCRIPTION

Today's workforce is experiencing job burnout in epidemic proportions. Workers at all levels, both white- and blue-collar, feel stressed out, insecure, misunderstood, undervalued, and alienated at their workplace. This original and important book debunks the common myth that when workers suffer job burnout they are solely responsible for their fatigue, anger, and don't give a damn attitude. The book clearly shows where the accountability often belongs...squarely on the shoulders of the organization.

ABOUT THE AUTHOR

CHRISTINA MASLACH is professor of psychology at the University of California, Berkeley. She is the creator of the widely used psychological test instrument The Maslach Burnout Inventory and the author of Burnout: The Cost of Caring (1982).

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