

**Johannes Faupel**

# **The World's Fastest Stop- Burnout- Book**

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**[this is your first change of perspective – more of them inside the book]**

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# The World's Fastest Stop-Burnout-Book

A quick guide for the long run.

Johannes Faupel

# **Burned out. As if all nerves were in ashes. What does really exhaust us?**

The worldwide number of burnout illnesses rose to an epidemic level for several reasons.

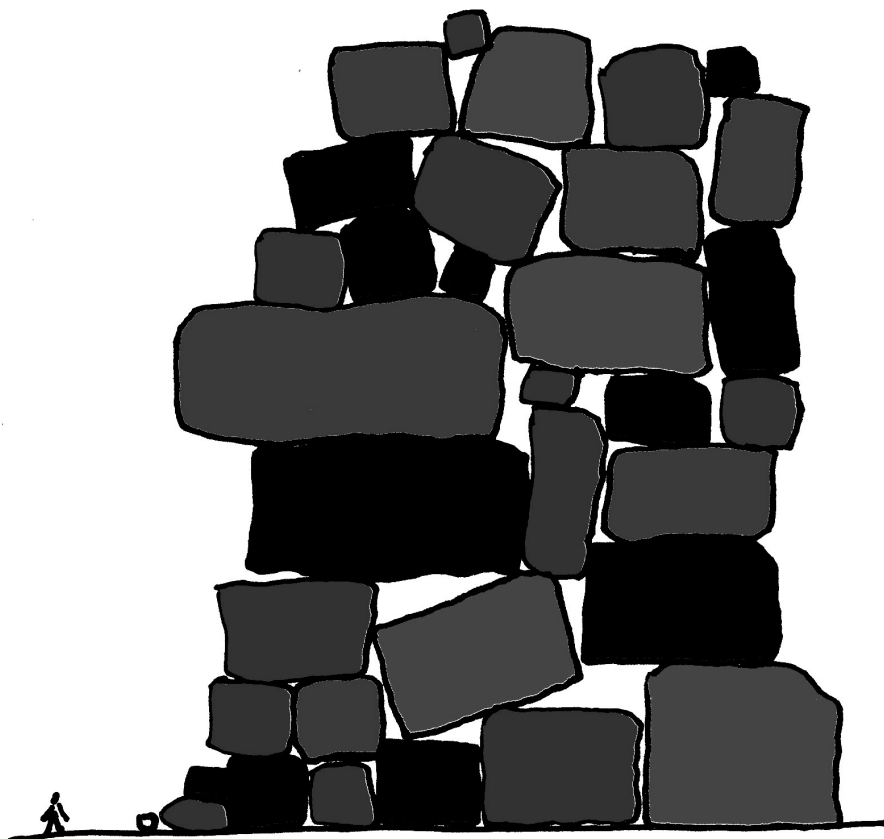
In the world are complex systems that demand a lot: education systems, health systems, markets, societies, companies.

What really leads to problems: The systems of the world meet human patterns that respond to them – and confirm them.

In other words, a company can only successfully require unpaid extra work from employees who accept it.

The tower of topics and tasks. Man can no longer see what is necessary and what is not.

On the next page, we will give the tower of tasks colour to see clear.

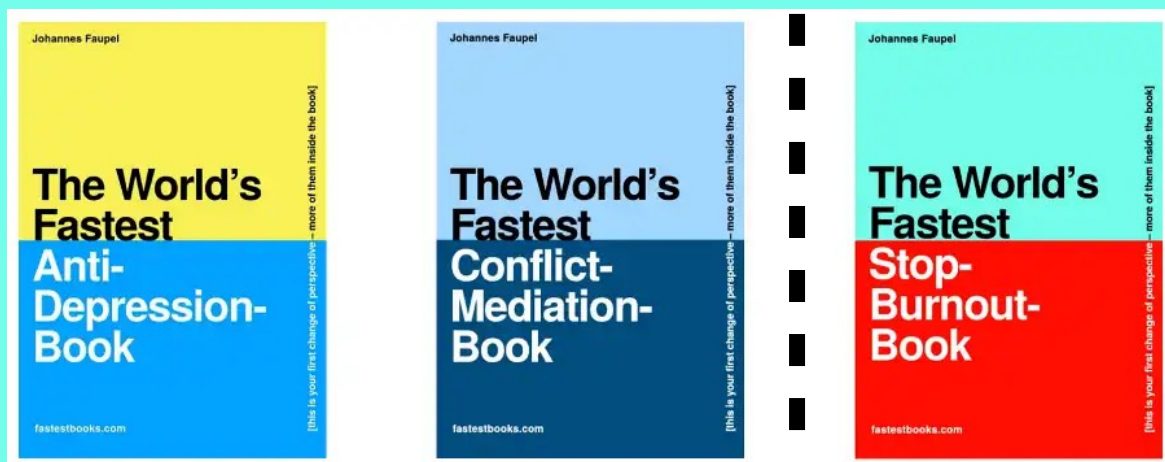


The 4 typical burnout causes are:

- **Hero concepts** →
- **Constructed concerns:** →
- **Self-doubts and self-reproaches** →
- **Repetitive her.....**

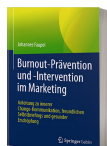
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