



# The Burnout Cure

*Julie De Azevedo Hanks*

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## **The Burnout Cure** Julie De Azevedo Hanks

If the demands of the day-to-day leave you feeling overworked, overwhelmed, and exhausted, you may be suffering from an all-too-common malady prevalent among women: emotional burnout. From work in and out of the home to service in wards and communities, the variety of worthy undertakings can seem endless. With such perceived cultural pressure to “do it all,” how can a woman balance the desire to serve others with caring for her own personal needs? As a wife, mother, clinical counselor, and musician, author Julie de Azevedo Hanks understands better than most the demands placed on women in the Church, and she has spent years providing clinical counseling to Latter-Day Saint women and families. *The Burnout Cure* dispels common cultural myths that often leave women feeling “never good enough.” Through scriptural quotes, personal stories, and clinical examples, Hanks offers a bevy of tools designed to help sisters identify and meet their emotional needs, to accept their limitations, to let go of the guilt and perfectionism, and to lean on the Lord.

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