



Burnout at Work: A psychological perspective (Current Issues in Work and Organizational Psychology)

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The psychological concept of burnout refers to long-term exhaustion from, and diminished interest in, the work we do. It's a phenomenon that most of us have some understanding of, even if we haven't always been affected directly. Many people start their working lives full of energy and enthusiasm, but far fewer are able to maintain that level of engagement.

Burnout at Work: A Psychological Perspective provides a comprehensive overview of how the concept of burnout has been conceived over recent decades, as well as discussing the challenges and possible interventions that can help confront this pervasive issue. Including contributions from the most eminent researchers in this field, the book examines a range of topics including:

- The links between burnout and health
- How our individual relationships at work can affect levels of burnout
- The role of leadership in mediating or causing burnout
- The strategies that individuals can pursue to avoid burnout, as well as wider interventions.

The book will be required reading for anyone studying organizational or occupational psychology, and will also interest students of business and management, and health psychology.

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