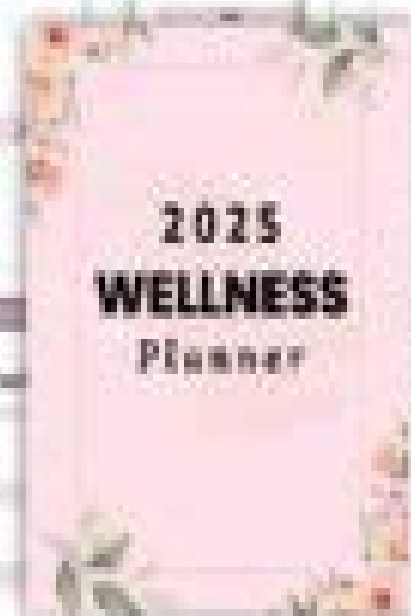


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Wellness Journal and Planner New Forest 2025 Bramble and Beach, 2024-12-15 Advanced Practice Nursing: Essential Knowledge for the Profession Susan M. DeNisco, 2023-02-07

Advanced Practice Nursing Essential Knowledge for the Profession Fifth Edition is a core advanced practice text used in both Master's Level and DNP programs. Along with original chapters, this bestselling text is a thoughtfully crafted compilation of existing chapters from a variety of advanced practice nursing textbooks from Jones Bartlett Learning. The strength of this approach is that each chapter was written by experts in each of the content areas, creating a comprehensive and well-rounded resource for the advanced practice nursing student. The Fifth Edition is framed around the new Domains from the AACN Essentials for advanced practice education as well as the Essentials for Doctoral Education, featuring the most up-to-date content on each set of Essentials. Thoroughly updated, the authors address current and emerging trends, including emergency preparedness, financing health care, the impact of big data on healthcare outcomes, ethical leadership, and more timely topics.

Burnout Recovery: The 7-Day Reset to Beat Stress & Exhaustion, Boost Energy & Regain Mental Clarity Peakstate Protocols, 2021-01-01

How to Recover From Burnout in 7 Days Without Meds, Expensive Retreats, or Giving Up. Feeling tired before your day even starts? Struggling to concentrate, sleep, or feel any real motivation? Wondering if you'll ever get your energy back? You're not lazy, and you're not broken. You're probably just burnt out, and it's more common than you think. This guide is perfect for high performers, entrepreneurs, professionals, and business owners who've been running at 120% for too long. Forget vague advice like "just take a break." That doesn't work when your calendar's full, people rely on you, and you still need to perform. This is a realistic, science-backed 7-day reset plan to help you recover without meds, expensive retreats, or giving up your goals. Inside, you'll discover why burnout isn't just stress and how to spot it before it spirals. p 14 The 5 types of burnout and which one is silently draining you. p 19 A done-for-you burnout recovery plan with daily tools to get your energy back fast. p 53 How to fix brain fog and reclaim your focus and productivity. p 65 Energy Recovery tools that boost physical and mental energy using 10-minute lifestyle shifts. p 112 Breathing techniques and desk yoga to calm your nervous system in 5 minutes or less. p 101 Proven strategies to prevent burnout from coming back, even during busy seasons. p 145 A daily and weekly check-in system to track your progress. p 86 The 1 mindset trap keeping high achievers stuck in exhaustion and how to break it. Reset Stress with our structured plan designed to reduce overwhelm, build resilience, and bring back clarity, especially for entrepreneurs and professionals. Beat Burnout using a system built for those who can't afford to stop. Regain your mental sharpness, drive, and stability fast. This isn't fluff. It's a strategic burnout recovery protocol tailored to help you reset, rebuild, and perform again at your highest level. Bonuses Included: Burnout Self-Assessment Quiz, 10 Office Yoga Poses, 10 Breathing Techniques, Guided Journal Prompts to Reflect, Track Progress. All of this and much more. Whether you're mentally exhausted, emotionally flat, or physically drained, this book is your shortcut to feeling focused, energized, and in control again. Click Add to Cart and start

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