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Beating Burnout: A 30 Day Guide to Hope and Health

Anne Marie Miller

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Feeling tired? Burned out? Or know someone who is? Anne Marie Miller understands. After two short years serving in a non-profit role, being a newlywed, and volunteering in her community, Anne Marie burned out. After a week in the hospital, doctors told her if she didn't make changes – spiritual, physical, emotional, and relational – she would land right back in that hospital bed. After almost a decade of reflection, counseling, and taking a proactive role in her health and well-being, Anne Marie wants to help you put burnout on the back burner. In this thirty-day guide, you'll engage in simple but meaningful daily reflections with a focus on rest, holistic health, and prayer. Your dreams, your family, your friends and the world need your story. Don't let burnout beat you!

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