



# The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It

*Christina Maslach, Michael P. Leiter*

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## **The Truth About Burnout: How Organizations Cause Personal Stress and What to Do About It**

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Today's workforce is experiencing job burnout in epidemic proportions. Workers at all levels, both white- and blue-collar, feel stressed out, insecure, misunderstood, undervalued, and alienated at their workplace. This original and important book debunks the common myth that when workers suffer job burnout they are solely responsible for their fatigue, anger, and *don't give a damn* attitude. The book clearly shows where the accountability often belongs. . . .squarely on the shoulders of the organization.

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