

## BREAKING FREE

### The Freedom Cycle



For more details, see page 6.

### This is the help you've been looking for:

- Easy to digest concepts
- Simple daily actions to propel you forward
- A way to expect more from life—and get it!

### Visit Mary Lewis at

[www.maryplewis.com](http://www.maryplewis.com)

### Life Renovations

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## Is this really the life you had in mind?

Fried? Fed up? Irritable? Worn out? Burnout is *not* the price you have to pay to be successful. The first of its kind, this "totally toasted" survival guide helps you get immediate relief from some aspect of burnout every day while you regain your courage, confidence and passion. You take on a lot because that's who you are—determined, strong, creative . . . living on the edge. This is not about giving up who you are, but taking control of what matters most—to you. In just 30 days you become free, fully alive, able to live and do things *your way*—maybe for the first time in your life!

### LEARN HOW TO:

- Work reasonable hours and still be successful
- Eliminate your "To-Do" lists and still get done what's important
- Spend time with people you treasure, not just tolerate
- Protect your personal space—mental, physical and emotional
- Stop chasing perfection and watch real productivity take over
- Welcome lightness and laughter back into your life

Burned out?  
Find out on  
page xiii.

"I highly recommend *Break Free from Burnout in 30 Days*—Mary Lewis' book *and* her workshop—to anyone who wants to change their life. Within a week I was already decluttering my mental, physical and emotional space."

—Mmaphuti Tsolo, HR Manager, Federal Express

"I will be a better leader as a result of these 30 days. The information provided will help me to recognize stress in my life and my associates. It was a great introduction to the subject and was provided in daily pieces that I found could be digested."

—Jack Torney, VP Global Operations, AC Nielsen

It's your life—choose it  
or lose it.



## SECRETS OF A BURNOUT SURVIVOR

# Break FREE from Burnout in 30 Days!

LEWIS  
BREAK FREE from BURNOUT in 30 DAYS

MARY LEWIS

Growth/Self-Help

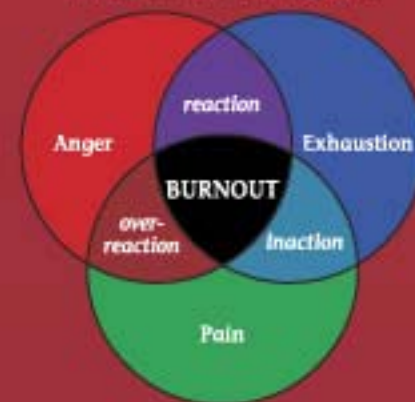
\$14.95 U.S.

Whether you're teetering on the edge of the burnout abyss or engaged in an all out, four-alarm, crash and burn spiral of self-destruction . . . help is here. Mary Lewis has been there, too, and knows what it takes to get out again—permanently. In this book she gives you her own inventive, proven, do-it-now solutions that saved her life and will help you save yours. So dig in. You'll start making progress the very first day!

### It's this simple

You go from *this* . . .

### The Burnout Cycle



To *this* . . . (See back flap.)