



High-Octane Women: How Superachievers Can Avoid Burnout

Dr. Sherrie Bourg Carter

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This title is filled with expert advice on how to avoid burnout and maintain a healthy work/life balance.

Today, women all over the world hold many of the highest positions in government and business.

Unfortunately, there is another, perilous side to this success story. Many bright, ambitious, and highly driven women ultimately burn out before their male counterparts. What causes them to give up, melt-down, or just walk away when they seem to have it all? And more importantly, what can be done to prevent it? In this authoritative, thoroughly researched volume, psychologist Sherrie Bourg Carter draws on more than 15 years experience and expertise to explore the unique challenges high-achieving women face and provides helpful insights and practical ways to avoid burnout, enjoy healthy fulfilling lives, and find the perfect work/life balance.

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