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I've recommended it to every woman I've come across in my daily life that I think might benefit from reading it (translation: every woman I've come across in my daily life). I read it in under a week because it was really enjoyable and I made the time to do so (I was disappointed when it ended!).

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Stress and stressors are two different things, according to the Nagoskis, and the secret to beating burnout is to first attack stress by completing the stress cycle before facing down the stressors. And finally, the authors suggest practical ways, including social connection, rest, and self-care, to increase wellness and lower stress.

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