



14 Ways to Overcome Burnout: A Portion from The Well-Balanced World Changer

Sarah Cunningham

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When Sarah Cunningham was in her twenties, she was ready to change the world, full of energy, passionate about her work, and really, unstoppable. Or so she thought. But in trying to change the world, we all encounter opposition—people who don't understand our cause, problems that we can't solve, frustration we don't know how to handle.

Eventually, the passion we once had starts to burn out. And so do we.

Sarah, still trying to change the world in her thirties, has encountered the burnout that comes with great dreams. But she also knows that burnout can be overcome. As a friend and experienced advisor, Sarah talks through 14 truths (pulled from her book *The Well-Balanced World Changer*) that will help us get beyond burnout and back to a place where we can pursue our dreams in a healthy way.

Moody Collective Portions are short pieces of content taken from our full-length books. Our goal is to introduce our readers to a complete idea in a brief, concise, and inexpensive format. Most portions will take about 20 minutes to read.

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