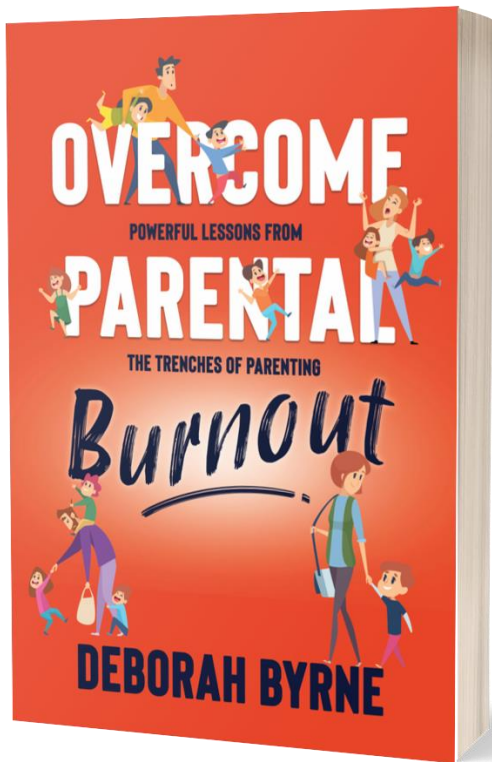


Overcome Parental Burnout

Written by Deborah Byrne



ISBN	9781922993212
Publication Date	25 JUN 2024
Genre	Self-help
Format	Paperback
Audience	General
Author Location	Melbourne, VIC

Price available on our website



PARENTING IS TOUGH.

IT'S HARD, THANKLESS WORK AND WHEN YOU GO
TO BED, YOU KNOW YOU'VE GOT TO DO IT ALL
AGAIN TOMORROW!
LUCKY YOU... (NOT!)

Do you want to learn how to connect with your children?

How to facilitate calm and assertive communication?

How to go from frazzled to focused?

Is it any wonder so many parents end up suffering from burnout when they are faced with the constant onslaught of demands from being a caregiver, a chef, a domestic lord, a role model or even a tutor and a sports coach?

Parental burnout can cause serious symptoms, including insomnia, anxiety, emotional outbursts and physical or mental exhaustion.

If you are feeling this way, sigh in relief as help is at hand!

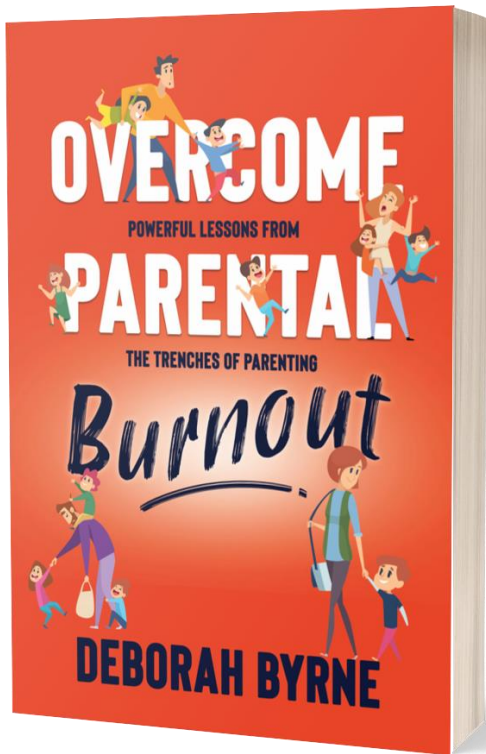
It's never too late to make a change.

Overcome Parental Burnout will teach you how you can start building and enjoying the family life you've always wanted, right now.

[Click here to order.](#)

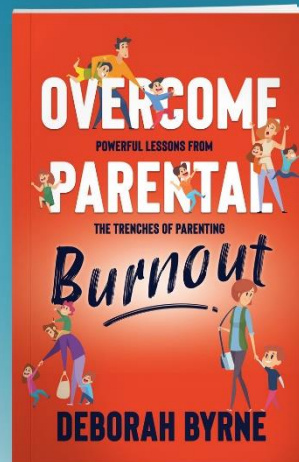
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“For all who endure the rigours of childrearing and who face the endless challenges of living within the confines of nature's most intense and unrelenting life hazard... children!”

Patricia, Readalot reviewer

ABOUT THE AUTHOR



Deborah Byrne is a holistic therapist and parenting coach who uniquely combines both practices to help restore balance in family dynamics. She first started her career as a youth worker, nearly 20 years ago in early education, caring for children with Autism and Down Syndrome. Since then, Deborah has worked with various organisations, schools, and families. She has trained foster carers in soft language skills and is an advocate for non-violent communication. Deborah is also a holistic therapist, specialising in hypnotherapy and neuro-linguistic programming (NLP); her approach is effective and offers practical solutions to common parenting problems.

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