



A SURVIVAL GUIDE FOR EXHAUSTED PARENTS
How to prevent or overcome parental burnout
Suzanne Vallières

The author of the successful “Psycho-tips” series offers her best advice for avoiding the parental burnout trap.

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In a world that bombards us with information, where perfectionism and performance are emphasized, and the list of tasks and sources of stress keep piling up, many parents wind up feeling overwhelmed by their role and exhausted. Halfway between an essay and a handbook, written in a tone that blends compassion and pragmatism, this book is a tool for fighting back against a growing phenomenon: parental burnout, a reality that affects both women and men.

The author shows us how to recognize the red flags (also known as the “burn-in” phase), so as to better understand how we got into this situation and avoid sinking into exhaustion. And, for those who are already suffering from burnout, the author suggests ways of approaching it and tools for recovery.

Thanks to this book, you'll make concrete changes in your routine, be better able to organize your time and manage your stress, learn to delegate tasks and accept imperfection... In short, you'll pick up the reins of your family life with confidence and renewed well-being.

Strong points

- As a psychologist, the author offers real support and advice for preventing or overcoming parental burnout.
- Her comments are based on the most recent research into the subject.
- A dynamic and guilt-relieving approach, based on practical solutions and tools.
- Short chapters for easy, fast and targeted reading.

Psychologist Suzanne Vallières has worked in media since 1996. In addition to contributing to a range of magazines, she shares the results of her more than twenty years of experience with young people as a specialized trainer, psychotherapist, lecturer and mother of three children.

