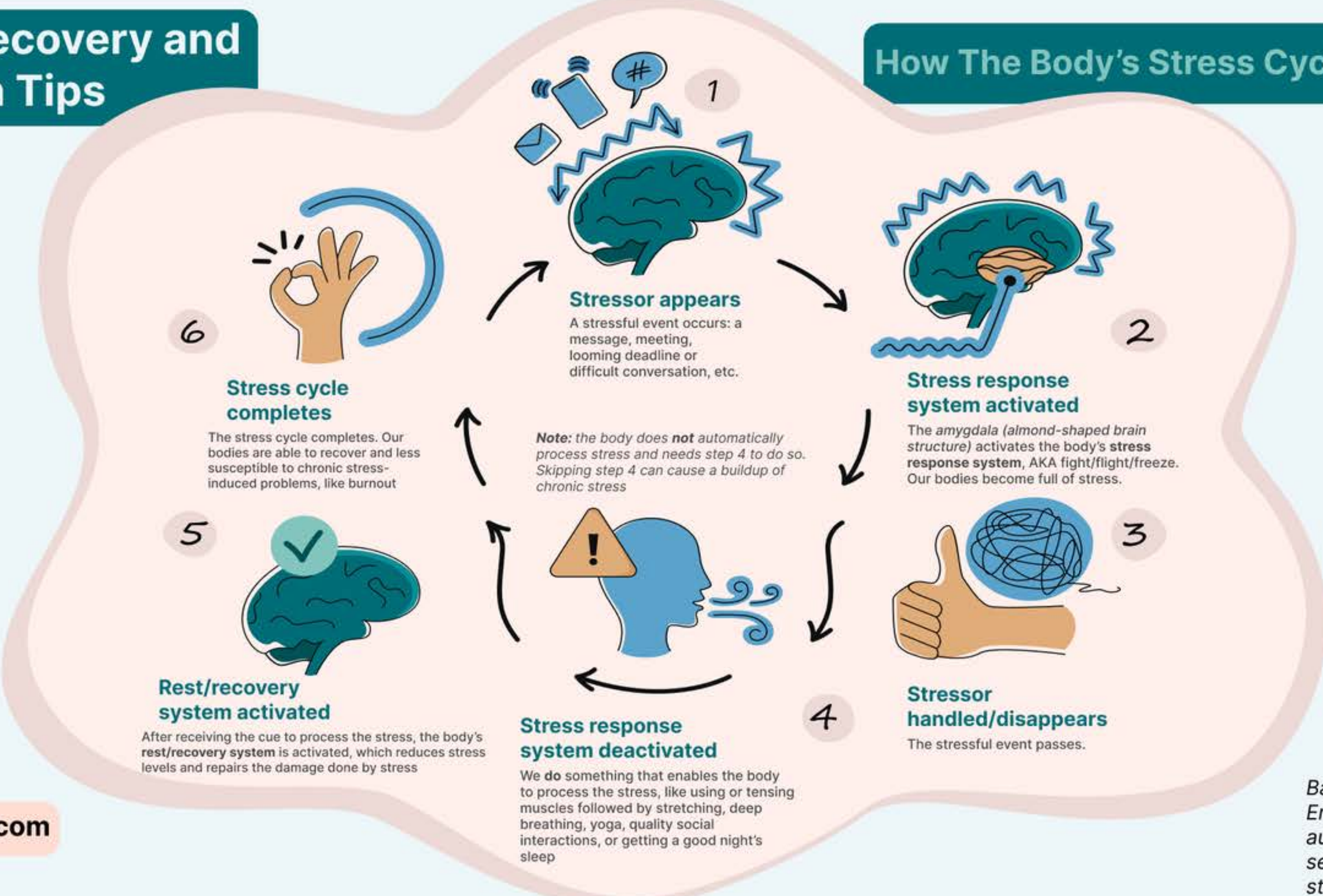


# Burnout Recovery and Prevention Tips

# How The Body's Stress Cycle Works



Based on research by Emily and Amelia Nagoski, authors of "Burnout: the secret to unlocking the stress cycle"