

"Emily and Amelia Nagoski deconstruct the stress we experience as women, and their compassionate, science-based advice on how to release it made me cry with gratitude and relief. The book is that revolutionary."  
—PEGGY ORENSTEIN

# burnout

the secret to  
unlocking  
the stress cycle

Emily Nagoski, PhD

*New York Times* bestselling author of *Come as You Are*

Amelia Nagoski, DMA

**A Guide to Using Burnout  
For Therapists**