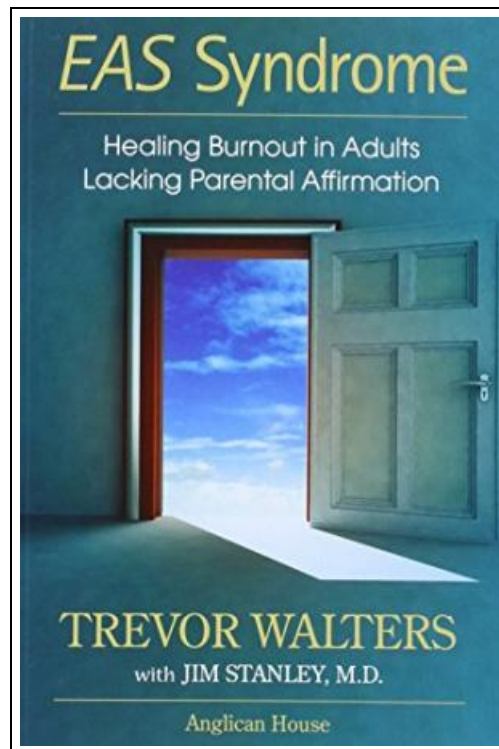


Eas Syndrome: Healing Burnout in Adults Lacking Parental Affirmation (Paperback)



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EAS SYNDROME: HEALING BURNOUT IN ADULTS LACKING PARENTAL AFFIRMATION (PAPERBACK)



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Anglican House Media Ministries, Inc., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. EAS Syndrome: Healing Burnout in Adults Lacking Parental Affirmation By Trevor Walters With Jim Stanley, M.D. Why do so many pastors burnout and leave the ministries they've diligently shepherded? The phenomenon is epidemic, with record numbers leaving monthly. Writing in professional partnership with a psychiatrist, Trevor Walters shows that midlife burnout is not caused by stress, as we thought, but by an inner conflict strong and persistent enough to ignite burnout in professional men and women. From decades of counseling burned out clergy and other professionals, the author concludes that in most cases the operative inner conflict is affirmation deficiency. When parents fail in their task of affirming a son's or daughter's unique personhood, the child embarks on a life-long quest of seeking after affirmation elsewhere. This is a pursuit they can maintain only so long before burning out around age 50. No book until now has explained External Affirmation Syndrome (EAS), its consequences, and therapy for healing. This will enrich readers and all therapeutic counselors, Christians especially. In this groundbreaking new book, Bishop Trevor Walters draws on his more than three decades as an Anglican priest and marriage and family counselor to show why high-functioning professionals break down in midlife. Contrary to the popular assumption, Walters explains that the primary cause of burnout isn't stress. (Some very high-stress professions have low burnout rates.) Rather, burnout results from an internal conflict. Adults lacking affirmation from parents - particularly fathers - during the formative years will go about seeking it from those whom they serve - an inevitable path to burnout. In collaboration from psychiatrist Jim Stanley, M.D., Walters offers hope by demonstrating that recognizing this hidden source of...



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