

# **The Truth About Burnout: How Organizations Cause Personal Stress And What To Do About It**

**By Christina Maslach**



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The truth about burnout. San Francisco, CA: Jossey-Bass. Maslach, C., Jackson, S. E., & Leiter, M. P. (1996). The Maslach Burnout Inventory (MBI). Third

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and the author of the Maslach Burnout Inventory C., & Leiter, M. P. (1997). The truth about burnout: How organizations cause personal stress and what to do

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