

A woman with long, wavy red hair is leaning her head against the back of a wooden chair. She is wearing a blue, textured knit sweater. Her eyes are closed or looking down, and she has a thoughtful or tired expression. The background is slightly blurred, showing what appears to be a desk or table with some papers and a pen. The overall lighting is warm and soft.

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to read book highlights decades of real life experiences as a firefighter and a Fire Chief in BC Canada The first hand accounts outlined in the book highlight how occupational and life stress can dramatically affect our wellbeing It draws readers through a journey and many lessons from Arjuna s battle with unease and occupational Burnout This honest vulnerable and authentic narrative reassures readers that we can master and harness stress in our lives The title of this book *Burnt Around the Edges* comes from the experience Arjuna felt back in the summer of 2020 He found himself at a tipping point of total occupational Burnout Even though he felt burnt around the edges he knew he had a massive purpose driven fire burning deep within him This fire sparked a life changing transformation in his life and career with a far better understanding of how our bodies react and work under stress In Arjuna s first book you will learn Arjuna s story from his childhood to the present day Strategies and tactics Arjuna used to master stress and recovery from Occupational Burnout Tips on how to become more mentally strong and resilient in a stressful world The importance of investing in your health and wellbeing to become your most authentic self The book is Arjuna s ignition source to a new career path led by a strong and clear purpose in life Arjuna wants to share his knowledge and support others to master stress and become more resilient humans Arjuna s encore career as a certified coach will enable his skills and experience to support first responders and leaders worldwide

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