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# MINDFUL OCCUPATION: RISING UP WITHOUT BURNING OUT



Icarus Project, United States, 2012. Paperback. Book Condition: New. 208 x 135 mm. Language: English. Brand New Book. Involvement in activism can make people especially prone to highs and lows. Sometimes we feel incredible, knowing we are part of shaping history in the streets with our friends, and other times we may find ourselves desperate and burnt out, feeling the entire world suffering under our solitary skin. Mindful Occupation aims to address the need for attention to mental health,...

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- Authored by -
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