

# **From Burnout to Balance: Israa Nasir's Guide to Sustainable Productivity, Part 1**

written by Dr. Ronald Hoffman | November 19, 2024

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# **From Burnout to Balance: Israa Nasir's Guide to Sustainable Productivity, Part 2**

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# **ENCORE: Precision Diagnostics to Reverse Fatigue, Burnout, Anxiety, Depression and Sleep Problems, Part 1**

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# **ENCORE: Precision Diagnostics to Reverse Fatigue, Burnout, Anxiety, Depression and Sleep Problems, Part 2**

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# **Q&A with Leyla, Part 1: Burnout**

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