# Burnout For Dummies® Audio Exercises

Track 1: Taking the Mindful Breath (Chapter 5)

Track 2: Creating Your Vision (Chapter 6)

Track 3: Mindfulness in Action (Chapter 8)

Track 4: Loving Kindness Meditation (Chapter 9)

Track 5: Just Like Me (Chapter 9)

Track 6: Accepting That Self-Compassion Can Be Difficult (Chapter 9)

Track 7: Observing and Connecting to Your Qi (Chapter 11)

Track 8: Giving and Receiving Compassion (Chapter 12)

Track 9: Exploring Expectations and Meeting Unmet Needs (Chapter 12)

Track 10: Mindfully Getting to Acceptance (Chapter 13)

Track 11: Identifying with Self-Value (Chapter 13)

Track 12: Connecting to Flourishing (Chapter 14)