



Burn-out, bore-out et RPS !: Sortir de l'enfer au travail (French Edition)

Olivier Berneout

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« Un témoignage saisissant sur la réalité des entreprises du tertiaire ». Les "bullshit jobs" ne sont pas une fatalité. Ancien Ingénieur salarié, Olivier Berneout a connu l'enfer au travail. Entre dépressions, Burn-out et bore-out, son témoignage devrait permettre à ceux qui souffrent de surmenage ou d'ennui au travail de trouver le recul et la force nécessaire pour s'en sortir. Ce livre s'adresse aux salariés, Managers, RH, syndicats, médecins et CHSCT soucieux de comprendre et d'apporter des réponses de terrain aux souffrances et risques psycho-sociaux liés au travail. Pour que le «bureau» ne soit plus jamais un enfer...

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