

Press Release

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—For Immediate Release —

Renew yourself. Reclaim your life.

One day Dr. Alan Shelton woke up to the realization that he had lost his love for his work. Not a shred of his original enthusiasm for healing and helping remained. Where had it gone? He agonized over the question. At last a chance encounter with a Native American traditional healer introduced Dr. Shelton to the ancient concept of the Wellness Circle and his place within it. By reclaiming his connection to spiritual life, the physician learned how to heal himself. In *Transforming Burnout*, based on his popular workshops of the same name, Dr. Shelton teaches how to end burnout and reclaim enthusiasm by finding a healthy balance in body, mind, and spirit.

In a recent study, three-quarters of workers surveyed felt negatively toward their work. Additional studies indicate that a whopping 72 percent of America's employees are either emotionally disconnected from their work, or worse, actively working to undermine the organization for which they work.

Enthusiastically endorsed by leaders in business and healthcare alike, Dr. Shelton's *Transforming Burnout* charts the course from deep burnout back to enthusiasm and joy. Using the simple methods Dr. Shelton offers, anyone can renew and reclaim their enjoyment of work and their love of life.

At www.TransformingBurnout.com:

- Take the Quiz: *Are You Suffering from Burnout?*
- Take the Quiz: *Are You Spiritually Connected?*
- Find practical Resources for people suffering from burnout at work
- Read an Excerpt from *Transforming Burnout*
- See the [Online Press Kit](#) with interview questions, photos, book graphics
- Free *Rejuvenate!* Newsletter

Alan Shelton, MD is the medical director at the Puyallup Tribal Health Authority where he has worked as a family practitioner for 22 years. He also serves as faculty at Tacoma Family Medicine residency program at Multicare Hospital in Tacoma, Washington. In addition to his MD degree, Dr. Shelton earned a Master's in Public Health at University of Washington Medical School. He recently completed training in acupuncture. Dr. Shelton grew up in Japan, an upbringing which helps him adapt easily to other cultures, including the Native American community in which he works. His personal renewal and recovery from burnout, along with his deep respect for the Native American spiritual tradition, inspired him to share with others the essential role spirituality plays in achieving true satisfaction and fulfillment at work. Dr. Shelton is married and is the father of six children. He enjoys coaching basketball and playing trumpet in his family band.