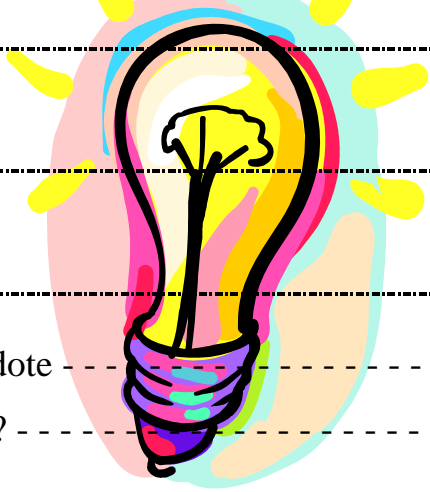


Homeschool Burnout: Its causes and cures -- and how to avoid it altogether

Table of Contents



<i>Signs of burnout</i>	<i>Page 1</i>
<i>The big picture</i>	<i>Page 2</i>
<i>Causes and cures</i>	<i>Page 7</i>
A. The broad sweep antidote	Page 9
B. Where is your anchor?	Page 12
C. In your head	Page 14
D. It's a balancing act	Page 19
E. Doing the academics	Page 20
F. Relational aspects	Page 23
G. Physical needs	Page 24
<i>Conclusion</i>	<i>Page 25</i>

This is a production of Homeschool How-To's, by Renée Ellison
Website: www.homeschoolhowtos.com
Email: CrossOver@Ellison.net