



# WOMEN AND LEADERSHIP

VIRTUAL BOOK STUDY

## Burnout: The Secret to Unlocking the Stress Cycle

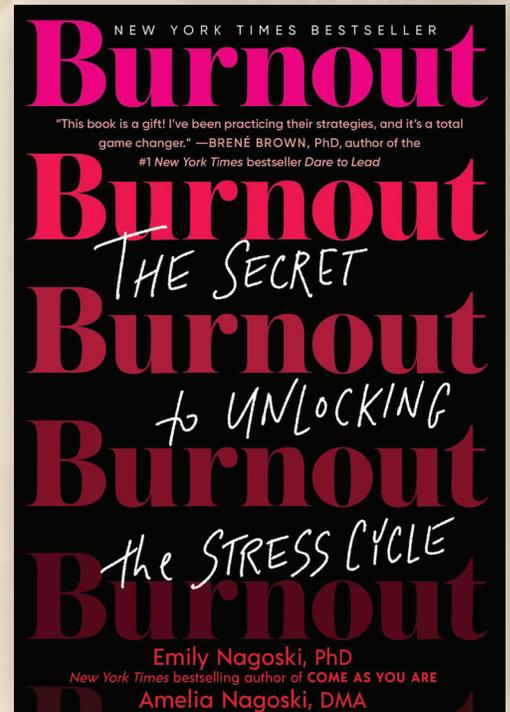
By **Emily Nagoski & Amelia Nagoski**

This groundbreaking book explains why women experience burnout differently than men—and provides a roadmap to minimizing stress, managing emotions, and living more joyfully.

Burnout. You, like most women, have probably experienced it. What's expected of women and what it's really like to exist as a woman in today's world are two different things—and we exhaust ourselves trying to close the gap. Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the all-too-familiar cycle of feeling overwhelmed and exhausted. They compassionately explain the obstacles and societal pressures we face—and how we can fight back.

Members who identify as women are welcomed to join Staff Officer Nicole Harmacy as we examine eye-opening science, prescriptive advice, and helpful exercises and be empowered to create positive change.

5  
BOOKS  
AVAIL.



### Four Virtual Bi-weekly Meetings

6:30-7:30PM

- Tuesday, April 21, 2026
- Tuesday, May 12, 2026
- Tuesday, May 26, 2026
- Tuesday, June 9, 2026

(Final meeting with special treats)



For additional information, please contact PFLS Staff Officer Nicole Harmacy at [nharmacy@mbteach.org](mailto:nharmacy@mbteach.org)

Register today <https://memberlink.mbteach.org/Event.axd?e=4037>