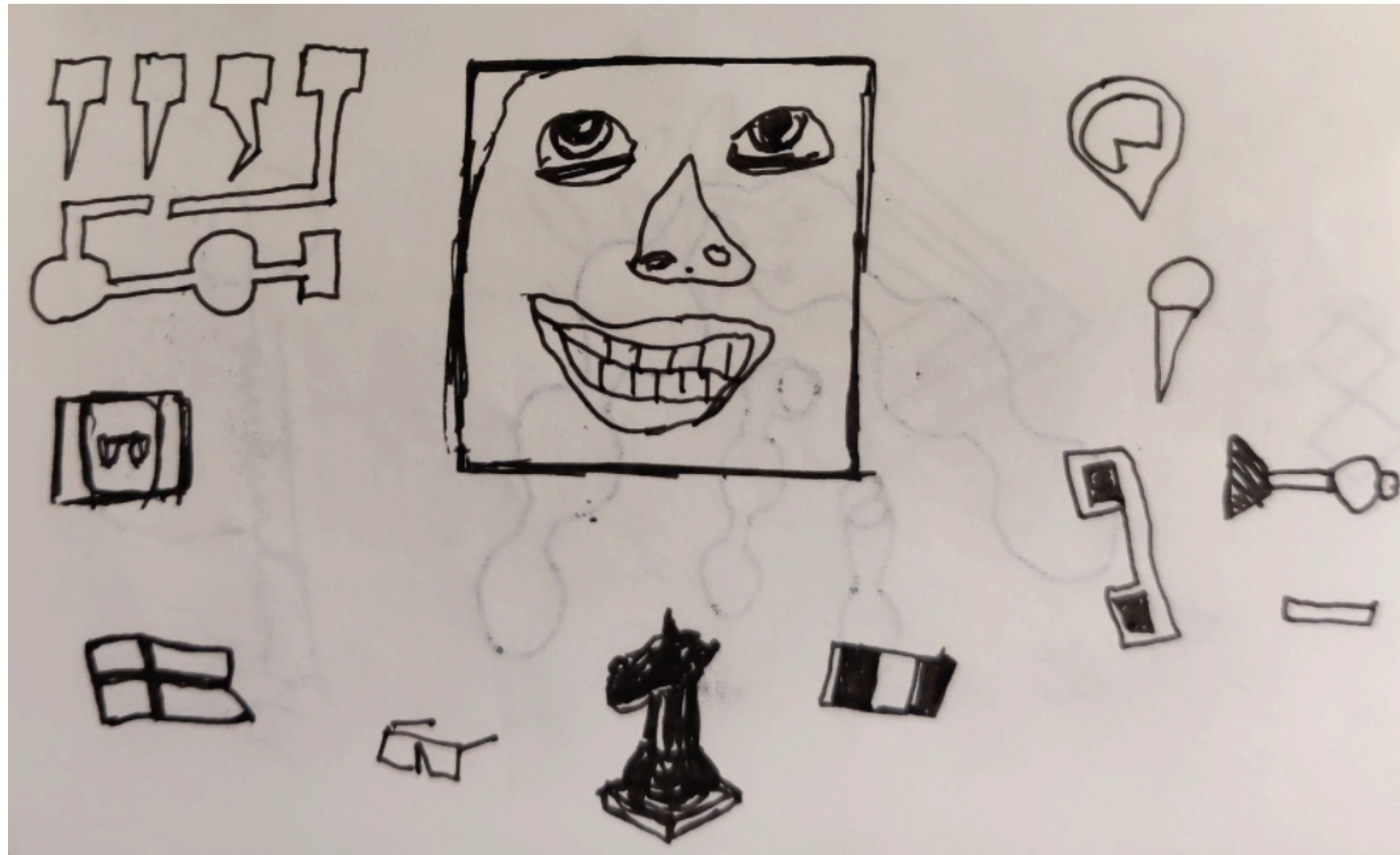


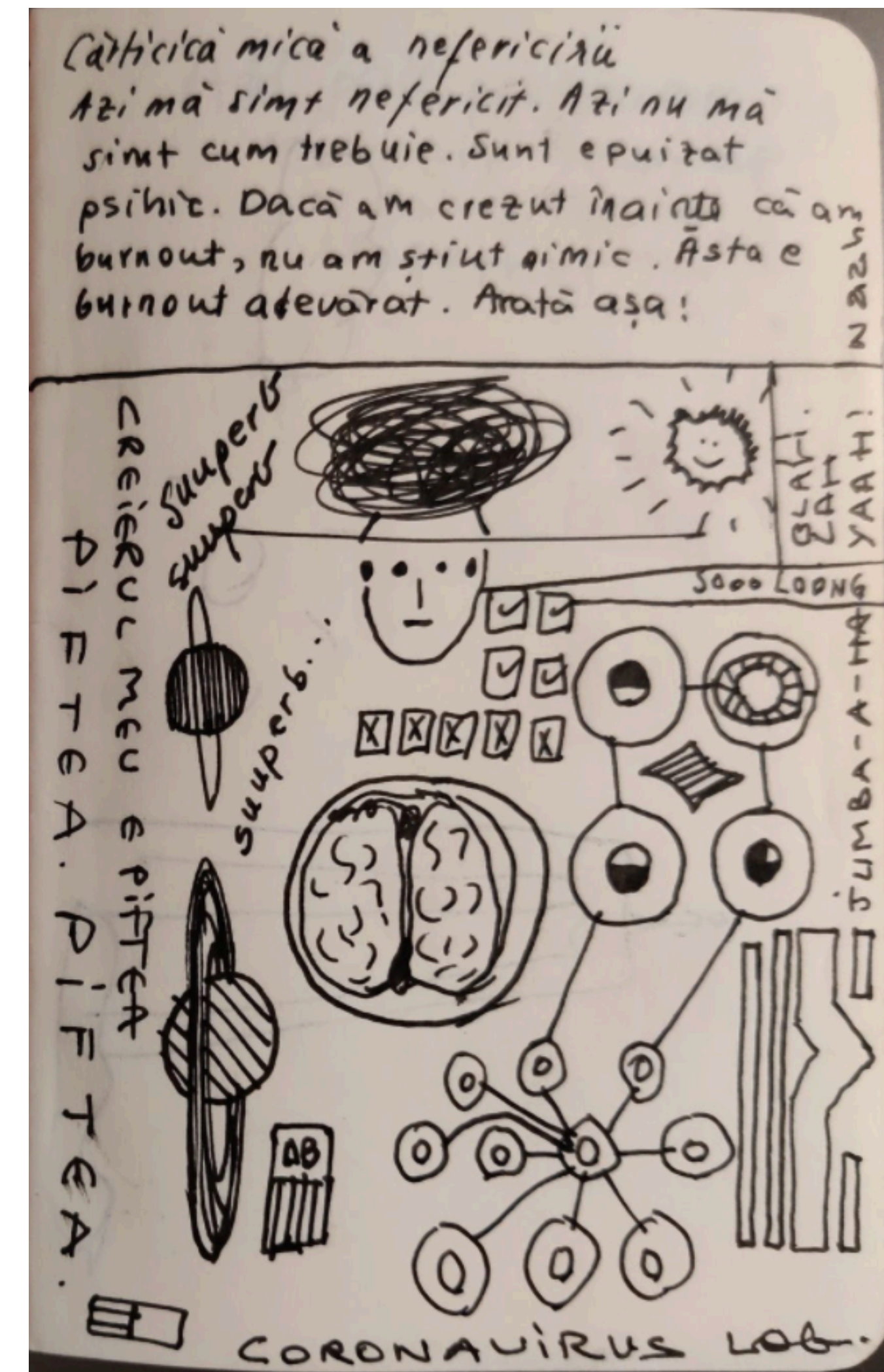
Intro to REBT for Highly Performing Developers

Dorin Dumitrascuta, 2021 London

How **Burnout** Looks Like



Feeling that you need to play against a Chess master program and win in order to deal with your current “unescapable” circumstances



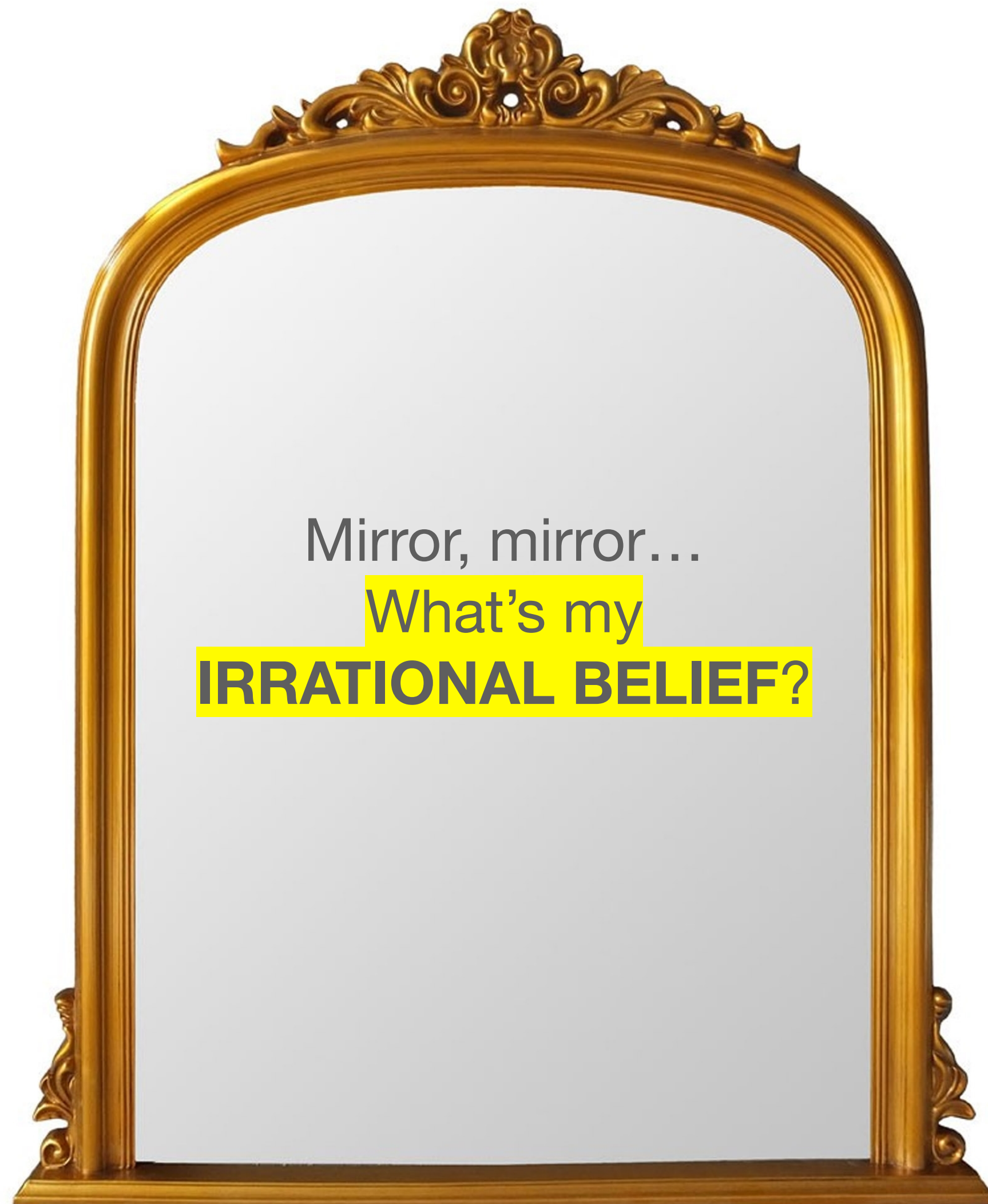
Author's personal interpretation of a busy day and mind

“All contemporaries do not inhabit the same time. The past is always changing but few realise it.”

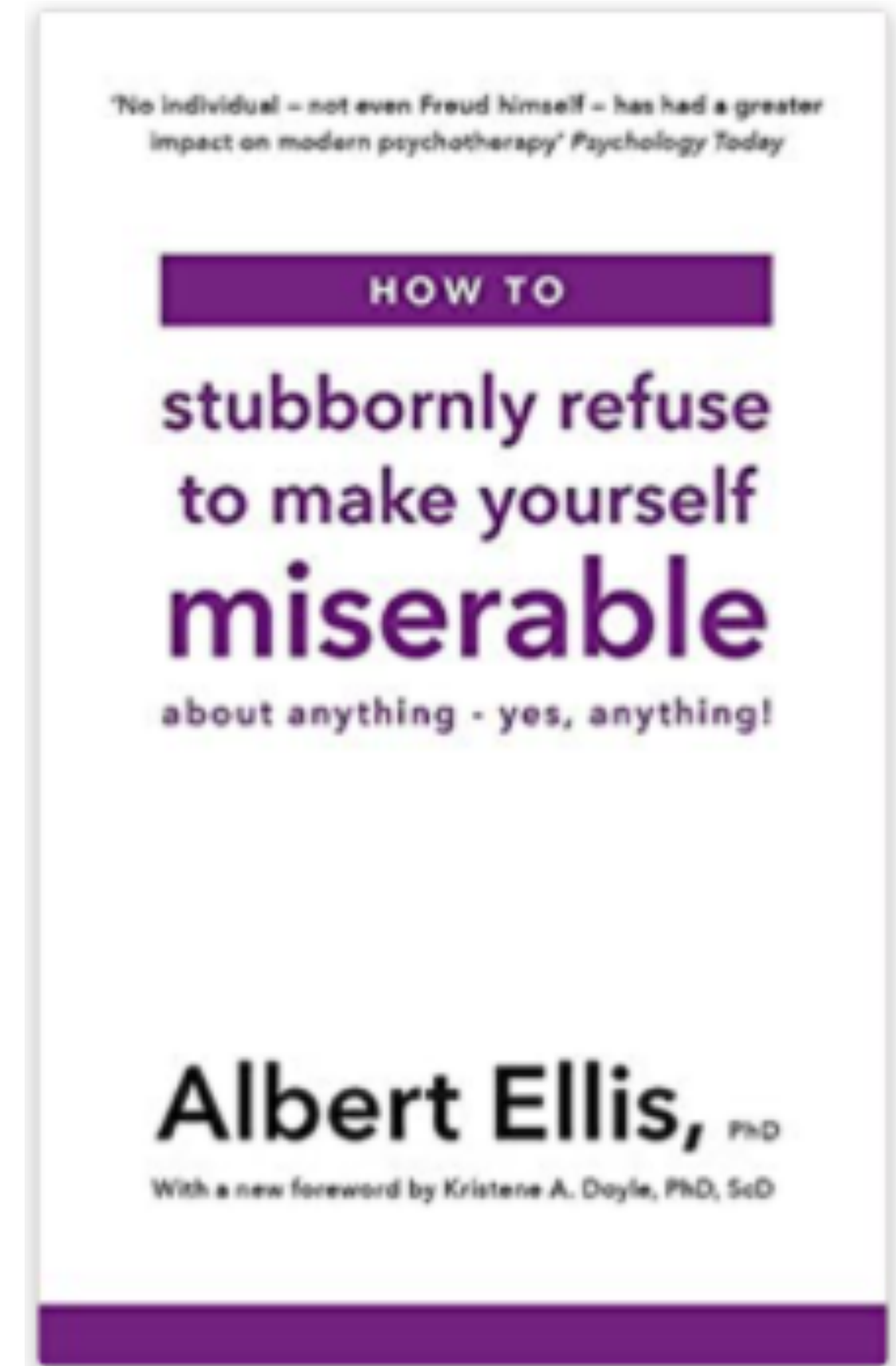
God Emperor of Dune, Frank Herbert

Welcome **REBT**...

Rational Emotive Behaviour Therapy



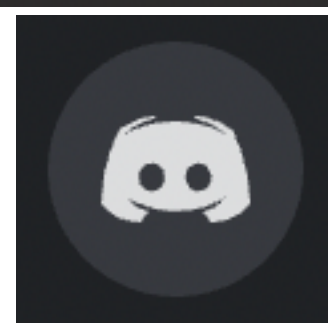
Mirror, mirror...
What's my
IRRATIONAL BELIEF?



[Amazon Link](#)



<https://gitter.im/DevUnwind/community>



<https://discord.gg/gPqvSwZ>



<https://github.com/JestVA/DevUnwind>