

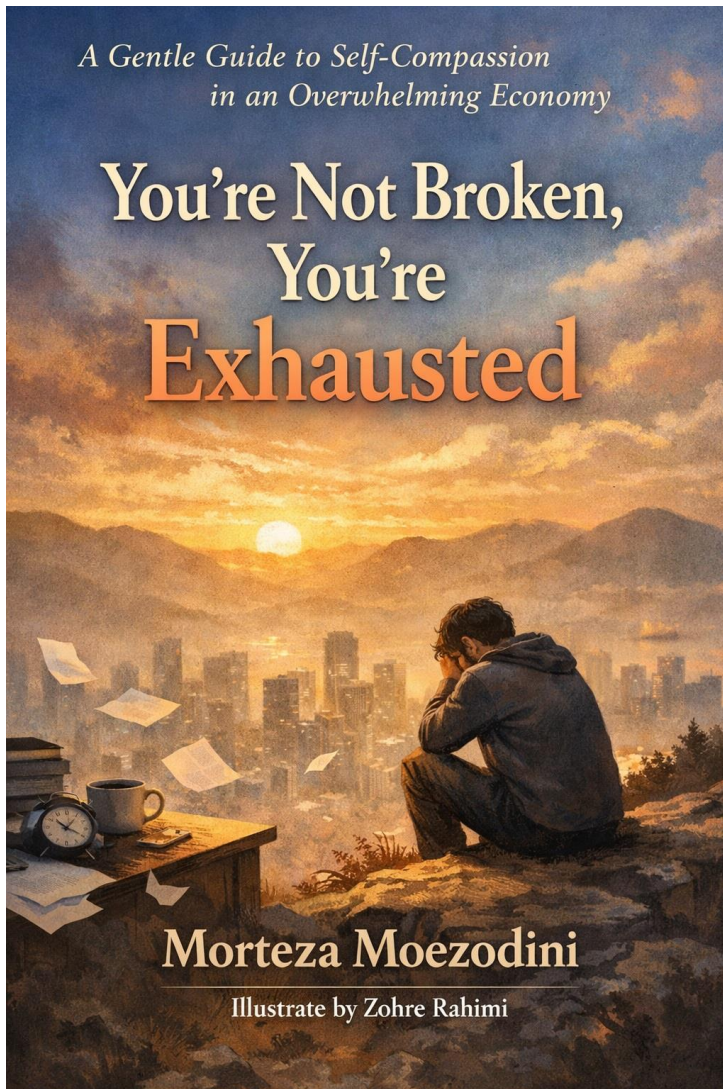
FREE SAMPLE

You're Not Broken, You're Exhausted

A Gentle Guide to Self-Compassion in an Overwhelming Economy

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Kavomaʼ Life



How to Use This Sample

This free sample includes the opening of the book so you can get a feel for the tone, pace, and intention behind it.

This isn't a productivity guide.

There are no exercises or steps to follow.

If you're looking for something to fix you or push you harder, this book may not be what you need right now.

But if you're tired of blaming yourself for feeling worn down, this may help.

Preface

This Isn't a Fix-Yourself Book

If you picked up this book hoping it would tell you how to become more motivated, more disciplined, or more “together,” I want to be clear from the start:

That’s not what this book is for.

There are already thousands of books trying to fix people. Most of them assume the problem is personal. That if you just tried harder, optimized better, or stayed more positive, everything would fall into place.

But for many of us, that story stopped making sense a long time ago.

You didn’t suddenly become weaker.
You didn’t lose discipline for no reason.
And you didn’t fall behind because you failed to try hard enough.

You’ve been living inside a system that asks for more every year and gives less back.
More work.
More uncertainty.
More emotional regulation.

All while quietly suggesting that if you’re struggling, it must be your fault.

This book exists to offer a different explanation.

One that doesn't diagnose you as broken.
One that doesn't shame you for being tired.
One that doesn't confuse endurance with strength.

Exhaustion is not a personal flaw.
It's a signal.

A signal that your nervous system has been under pressure
for too long.
That you've been adapting, stretching, and holding things
together in ways no one ever taught you how to do gently.

When you're exhausted, certain things start to happen.

Your patience shortens.
Your tolerance drops.
Small decisions feel heavy.
Rest begins to feel undeserved.

None of this means something is wrong with you.

It means you're responding normally to conditions that aren't
normal.

This book won't ask you to reframe exhaustion into gratitude.
It won't tell you to hustle your way out of burnout.
And it won't pretend that being kind to yourself magically
fixes structural problems.

What it will do is slow the conversation down.

It will name the things you've been quietly blaming yourself
for.
It will separate your worth from your output.

And it will remind you that being human was never meant to feel like a performance review.

If all you can do right now is read a few pages and then close the book, that's enough.

This isn't a guide for becoming someone better.
It's a place to stop fighting the person you already are.

And that's where we'll begin.

Chapter 1

When Everything Feels Like Too Much

(Excerpt)

There's a kind of exhaustion that doesn't come from one big event.

It comes from everything.

From carrying a thousand small responsibilities that never fully resolve.

From being “on” all the time, even when no one is asking anything of you.

From waking up already tired and ending the day with the quiet sense that something was left undone.

On paper, your life might look fine.

Functional.

Stable enough.

But inside, everything feels heavy.

Not dramatic-heavy.

Not crisis-heavy.

Just constantly, relentlessly heavy.

You start the day with a body that already feels behind.

Your mind scans costs, deadlines, messages, expectations.

Before the day has really begun, most of your energy has already been spent just staying upright.

So when one more thing appears—a message, a bill, a request—it doesn't register as small. It lands as too much.

End of Free Sample

If this felt familiar, the rest of the book continues this conversation—slowly, honestly, and without pressure.

You're Not Broken, You're Exhausted is available now in full.

Get the full book here:

- Amazon Kindle:
<https://www.amazon.com/dp/B0GMRF8F4Q>
- Amazon Paperback:
<https://www.amazon.com/dp/B0GP126317>
- Etsy: <https://www.etsy.com/listing/4437033833>
- Gumroad: <https://kavomaz.gumroad.com/l/broken>

Thank you for reading—and for taking action, one small step at a time.