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Better

A Surgeon's Notes on Performance *Metropolitan Books*

NATIONAL BESTSELLER The New York Times bestselling author of *Being Mortal* and *Complications* examines, in riveting accounts of medical failure and triumph, how success is achieved in a complex and risk-filled profession The struggle to perform well is universal: each one of us faces fatigue, limited resources, and imperfect abilities in whatever we do. But nowhere is this drive to do better more important than in medicine, where lives are on the line with every decision. In this book, Atul Gawande explores how doctors strive to close the gap between best intentions and best performance in the face of obstacles that sometimes seem insurmountable. Gawande's gripping stories of diligence, ingenuity, and what it means to do right by people take us to battlefield surgical tents in Iraq, to labor and delivery rooms in Boston, to a polio outbreak in India, and to malpractice courtrooms around the country. He discusses the ethical dilemmas of doctors' participation in lethal injections, examines

the influence of money on modern medicine, and recounts the astoundingly contentious history of hand washing. And as in all his writing, Gawande gives us an inside look at his own life as a practicing surgeon, offering a searingly honest firsthand account of work in a field where mistakes are both unavoidable and unthinkable. At once unflinching and compassionate, *Better* is an exhilarating journey narrated by "arguably the best nonfiction doctor-writer around" (Salon). Gawande's investigation into medical professionals and how they progress from merely good to great provides rare insight into the elements of success, illuminating every area of human endeavor.

Complications

A Surgeon's Notes on an Imperfect Science *Metropolitan Books*

A brilliant and courageous doctor reveals, in gripping accounts of true cases, the power and limits of modern medicine. Sometimes in medicine the only way to know what is truly going on in a patient is to operate, to look inside with one's own eyes. This book is exploratory surgery on medicine itself, laying bare a science not in its idealized form but as it actually is -- complicated, perplexing, and profoundly human. Atul Gawande offers an unflinching view from the scalpel's edge, where science is ambiguous, information is limited, the stakes are high, yet decisions must be made. In dramatic and revealing stories of patients and doctors, he explores how deadly mistakes occur and why good surgeons go bad. He also shows us what happens when medicine comes up against the inexplicable: an architect with

incapacitating back pain for which there is no physical cause; a young woman with nausea that won't go away; a television newscaster whose blushing is so severe that she cannot do her job. Gawande offers a richly detailed portrait of the people and the science, even as he tackles the paradoxes and imperfections inherent in caring for human lives. At once tough-minded and humane, *Complications* is a new kind of medical writing, nuanced and lucid, unafraid to confront the conflicts and uncertainties that lie at the heart of modern medicine, yet always alive to the possibilities of wisdom in this extraordinary endeavor. *Complications* is a 2002 National Book Award Finalist for Nonfiction.

The Checklist Manifesto

How to Get Things Right *Metropolitan Books*

The New York Times bestselling author of *Being Mortal* and *Complications* reveals the surprising power of the ordinary checklist. We live in a world of great and increasing complexity, where even the most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex

world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection. He explains how checklists actually work to prompt striking and immediate improvements. And he follows the checklist revolution into fields well beyond medicine, from disaster response to investment banking, skyscraper construction, and businesses of all kinds. An intellectual adventure in which lives are lost and saved and one simple idea makes a tremendous difference, *The Checklist Manifesto* is essential reading for anyone working to get things right.

When Death Becomes Life

Notes from a Transplant Surgeon *HarperCollins*

"With *When Death Becomes Life*, Joshua Mezrich has performed the perfect core biopsy of transplantation—a clear and compelling account of the grueling daily work, the spell-binding history and the unsettling ethical issues that haunt this miraculous lifesaving treatment. Mezrich's compassionate and honest voice, punctuated by a sharp and intelligent wit, render the enormous subject not just palatable but downright engrossing."—Pauline Chen, author of *Final Exam: A Surgeon's Reflections on Mortality* A gifted surgeon illuminates one of the most profound, awe-inspiring, and deeply affecting achievements of modern day medicine—the movement of organs between

bodies—in this exceptional work of death and life that takes its place besides Atul Gawande’s *Complications*, Siddhartha Mukherjee’s *The Emperor of All Maladies*, and Jerome Groopman’s *How Doctors Think*. At the University of Wisconsin, Dr. Joshua Mezrich creates life from loss, transplanting organs from one body to another. In this intimate, profoundly moving work, he illuminates the extraordinary field of transplantation that enables this kind of miracle to happen every day. When *Death Becomes Life* is a thrilling look at how science advances on a grand scale to improve human lives. Mezrich examines more than one hundred years of remarkable medical breakthroughs, connecting this fascinating history with the inspiring and heartbreaking stories of his transplant patients. Combining gentle sensitivity with scientific clarity, Mezrich reflects on his calling as a doctor and introduces the modern pioneers who made transplantation a reality—maverick surgeons whose feats of imagination, bold vision, and daring risk taking generated techniques and practices that save millions of lives around the world. Mezrich takes us inside the operating room and unlocks the wondrous process of transplant surgery, a delicate, intense ballet requiring precise timing, breathtaking skill, and at times, creative improvisation. In illuminating this work, Mezrich touches the essence of existence and what it means to be alive. Most physicians fight death, but in transplantation, doctors take from death. Mezrich shares his gratitude and awe for the privilege of being part of this transformative exchange as the dead give their last breath of life to the living. After all, the donors are his patients, too. When *Death Becomes Life* also engages in fascinating ethical and philosophical debates: How much risk should a healthy person be

allowed to take to save someone she loves? Should a patient suffering from alcoholism receive a healthy liver? What defines death, and what role did organ transplantation play in that definition? The human story behind the most exceptional medicine of our time, Mezrich’s riveting book is a beautiful, poignant reminder that a life lost can also offer the hope of a new beginning.

HBR Guide to Making Better Decisions *Harvard Business Press*

Learn how to make better; faster decisions. You make decisions every day--from prioritizing your to-do list to choosing which long-term innovation projects to pursue. But most decisions don't have a clear-cut answer, and assessing the alternatives and the risks involved can be overwhelming. You need a smarter approach to making the best choice possible. The HBR Guide to Making Better Decisions provides practical tips and advice to help you generate more-creative ideas, evaluate your alternatives fairly, and make the final call with confidence. You'll learn how to: Overcome the cognitive biases that can skew your thinking Look at problems in new ways Manage the trade-offs between options Balance data with your own judgment React appropriately when you've made a bad choice Communicate your decision--and overcome any resistance Arm yourself with the advice you need to succeed on the job, from a source you trust. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

Do No Harm

Stories of Life, Death, and Brain Surgery *Macmillan*

A New York Times Bestseller Shortlisted for both the Guardian First Book Prize and the Costa Book Award Longlisted for the Samuel Johnson Prize for Non-Fiction A Finalist for the Pol Roger Duff Cooper Prize A Finalist for the Wellcome Book Prize A Financial Times Best Book of the Year An Economist Best Book of the Year A Washington Post Notable Book of the Year What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut into the stuff that creates thought, feeling, and reason? How do you live with the consequences of performing a potentially lifesaving operation when it all goes wrong? In neurosurgery, more than in any other branch of medicine, the doctor's oath to "do no harm" holds a bitter irony. Operations on the brain carry grave risks. Every day, leading neurosurgeon Henry Marsh must make agonizing decisions, often in the face of great urgency and uncertainty. If you believe that brain surgery is a precise and exquisite craft, practiced by calm and detached doctors, this gripping, brutally honest account will make you think again. With astonishing compassion and candor, Marsh reveals the fierce joy of operating, the profoundly moving triumphs, the harrowing disasters, the haunting regrets, and the moments of black humor that characterize a brain surgeon's life. Do No Harm provides unforgettable insight into the countless human dramas that take place in a busy modern hospital. Above all, it is a lesson in the need for hope when faced with life's most difficult decisions.

When Breath Becomes Air *Random House*

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST •

This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my

own mortality, in a sense, had changed nothing and everything,” he wrote. “Seven words from Samuel Beckett began to repeat in my head: ‘I can’t go on. I’ll go on.’” When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

How Doctors Think *HarperCollins*

On average, a physician will interrupt a patient describing her symptoms within eighteen seconds. In that short time, many doctors decide on the likely diagnosis and best treatment. Often, decisions made this way are correct, but at crucial moments they can also be wrong -- with catastrophic consequences. In this myth-shattering book, Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can -- with our help -- avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health. This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. *How Doctors Think* offers direct, intelligent questions patients can ask their doctors to help them get back on track. Groopman draws on a wealth of research, extensive interviews with some of the country’s best doctors, and his own experiences as a doctor and as a patient. He has learned many of the lessons in this book the hard way, from his own mistakes and from errors his doctors made in treating his own debilitating medical problems. *How Doctors Think* reveals a profound new view of twenty-first-century

medical practice, giving doctors and patients the vital information they need to make better judgments together.

Confessions of a Surgeon

The Good, the Bad, and the Complicated...Life Behind the O.R. Doors *Penguin*

As an active surgeon and former department chairman, Dr. Paul A. Ruggieri has seen the good, the bad, and the ugly of his profession. In *Confessions of a Surgeon*, he pushes open the doors of the O.R. and reveals the inscrutable place where lives are improved, saved, and sometimes lost. He shares the successes, failures, remarkable advances, and camaraderie that make it exciting. He uncovers the truth about the abusive, exhaustive training and the arduous devotion of his old-school education. He explores the twenty-four-hour challenges that come from patients and their loved ones; the ethics of saving the lives of repugnant criminals; the hot-button issues of healthcare, lawsuits, and reimbursements; and the true cost of running a private practice. And he explains the influence of the "white coat code of silence" and why patients may never know what really transpires during surgery. Ultimately, Dr. Ruggieri lays bare an occupation that to most is as mysterious and unfamiliar as it is misunderstood. His account is passionate, illuminating, and often shocking--an eye-opening, never-before-seen look at real life, and death, in the O.R.

Extinguish Burnout

A Practical Guide to Prevention and Recovery

Who hasn't suffered at one time or another from exhaustion, cynicism, and a lack of effectiveness? But combine them over time and you're flirting with a disaster of catastrophic magnitude—burnout. Elegantly defined as the depletion of personal agency (the apparatus driving our ability to initiate and execute actions) burnout effectively wipes out our ability to be effective, much less engaged. And the cost of burnout is astronomical in all its forms and phases, including the profound and lasting effects it has on employees and workplace cultures. Based on extensive research and full of real-world stories and examples, workplace culture experts Rob and Terri Bogue take a deep dive into the signs, sources, and solutions of burnout and deliver an essential resource that helps anyone identify, prevent, and recover from burnout.

A Heart for the Work

Journeys Through an African Medical School *University of Chicago Press*

Burnout is common among doctors in the West, so one might assume that a medical career in Malawi, one of the poorest countries in the world, would place far greater strain on the idealism that drives many doctors. But, as *A Heart for the Work* makes clear, Malawian medical students learn to confront poverty creatively, experiencing fatigue and frustration but also joy and commitment on their way to becoming physicians. The first ethnography of medical training in the global South, Claire L. Wendland's book is a moving and perceptive look at medicine in

a world where the transnational movement of people and ideas creates both devastation and possibility. Wendland, a physician anthropologist, conducted extensive interviews and worked in wards, clinics, and operating theaters alongside the student doctors whose stories she relates. From the relative calm of Malawi's College of Medicine to the turbulence of training at hospitals with gravely ill patients and dramatically inadequate supplies, staff, and technology, Wendland's work reveals the way these young doctors engage the contradictions of their circumstances, shedding new light on debates about the effects of medical training, the impact of traditional healing, and the purposes of medicine.

Being Mortal

Medicine and What Matters in the End *Metropolitan Books*

#1 New York Times Bestseller In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his

profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

Assisting at Surgical Operations

A Practical Guide *Cambridge University Press*

There are many superb books on how to do operations but there are few or none on how to assist at them, and none written either by or for medical students or doctors. Therefore, the skills that make an expert surgical assistant are difficult to acquire. Normally, they can only be learnt in a haphazard way, by spending years in the operating theatre. This book describes those skills in a concise and systematic way, in surgery in general, and in ten different speciality areas. Although intended mainly for clinical-level medical students and junior doctors, other people who assist at surgical operations, including general practitioners, nurse assistants and surgical technologists, will also find it useful. Whether planning a career in surgery, or simply aiming for high marks in a surgical rotation, there are few better ways to impress a surgeon than by skilfully assisting at surgical operations.

An Alchemy of Mind

The Marvel and Mystery of the Brain *Simon and Schuster*

From the New York Times bestselling author of *The Zookeeper's Wife*, an ambitious and enlightening work that combines an artist's eye with a scientist's erudition to illuminate, as never before, the magic and mysteries of the human mind. Long treasured by literary readers for her uncommon ability to bridge the gap between art and science, celebrated scholar-artist Diane Ackerman returns with the book she was born to write. Her dazzling new work, *An Alchemy of Mind*, offers an unprecedented exploration and celebration of the mental fantasia in which we spend our days—and does for the human mind what the bestselling *A Natural History of the Senses* did for the physical senses. Bringing a valuable female perspective to the topic, Diane Ackerman discusses the science of the brain as only she can: with gorgeous, immediate language and imagery that paint an unusually lucid and vibrant picture for the reader. And in addition to explaining memory, thought, emotion, dreams, and language acquisition, she reports on the latest discoveries in neuroscience and addresses controversial subjects like the effects of trauma and male versus female brains. In prose that is not simply accessible but also beautiful and electric, Ackerman distills the hard, objective truths of science in order to yield vivid, heavily anecdotal explanations about a range of existential questions regarding consciousness, human thought, memory, and the nature of identity.

You Can Stop Humming Now

A Doctor's Stories of Life, Death, and in Between *Hachette UK*

For readers of Atul Gawande and Jerome Groopman, a book of beautifully crafted stories about what life is like for patients kept alive by modern medical technology. Modern medicine is a world that glimmers with new technology and cutting-edge research. To the public eye, medical stories often begin with sirens and flashing lights and culminate in survival or death. But these are only the most visible narratives. As a critical care doctor treating people at their sickest, Daniela Lamas is fascinated by a different story: what comes after for those whose lives are extended by days, months, or years as a result of our treatments and technologies? *You Can Stop Humming Now*, Lamas explores the complex answers to this question through intimate accounts of patients and their families. A grandfather whose failing heart has been replaced by a battery-operated pump; a salesman who found himself a kidney donor on social media; a college student who survived a near fatal overdose and returned home, alive but not the same; and a young woman navigating an adulthood she never thought she'd live to see -- these moving narratives paint a detailed picture of the fragile border between sickness and health. Riveting, gorgeously told, and deeply personal, *You Can Stop Humming Now* is a compassionate, uncompromising look at the choices and realities that many of us, and our families, may one day face. "Gripping, soaring, inspiring."-Atul Gawande, author of *Being Mortal*

More than Just Surgery

Life Lessons Beyond the OT *Penguin Random House India Private Limited*

Awarded the Padma Shri, the Padma Bhushan and the OBE, Dr Tehemton Erach Udwadia is widely regarded as the father of laparoscopy in India. From 1951 as a medical student to the present day, he has not only witnessed first-hand the avalanche of surgical progress, but has also seen lives saved as a result of these advances, be it a disposable plastic syringe or a liver transplant. In this, his memoirs, he painstakingly maps his journey from his student years through residency, research, surgical practice and surgical teaching with a view to sharing the lessons he has learnt. And what they can teach you. *More Than Just Surgery* is a warm personal account of people, incidents, mentors, failures and absurdities against the backdrop of surgery. It is also an engrossing historical account through the eyes and hands of someone who has lived through the journey.

Every Patient Tells a Story

Medical Mysteries and the Art of Diagnosis *Harmony*

A riveting exploration of the most difficult and important part of what doctors do, by Yale School of Medicine physician Dr. Lisa Sanders, author of the monthly New York Times Magazine column "Diagnosis," the inspiration for the hit Fox TV series *House, M.D.* "The experience of being ill can be like waking up in a foreign country. Life, as you formerly knew it, is on hold while you travel through this other world as unknown as it is unexpected. When I see patients in the hospital or in my office who are suddenly, surprisingly ill, what they really want to know is, 'What is wrong

with me?' They want a road map that will help them manage their new surroundings. The ability to give this unnerving and unfamiliar place a name, to know it—on some level—restores a measure of control, independent of whether or not that diagnosis comes attached to a cure. Because, even today, a diagnosis is frequently all a good doctor has to offer." A healthy young man suddenly loses his memory—making him unable to remember the events of each passing hour. Two patients diagnosed with Lyme disease improve after antibiotic treatment—only to have their symptoms mysteriously return. A young woman lies dying in the ICU—bleeding, jaundiced, incoherent—and none of her doctors know what is killing her. In *Every Patient Tells a Story*, Dr. Lisa Sanders takes us bedside to witness the process of solving these and other diagnostic dilemmas, providing a firsthand account of the expertise and intuition that lead a doctor to make the right diagnosis. Never in human history have doctors had the knowledge, the tools, and the skills that they have today to diagnose illness and disease. And yet mistakes are made, diagnoses missed, symptoms or tests misunderstood. In this high-tech world of modern medicine, Sanders shows us that knowledge, while essential, is not sufficient to unravel the complexities of illness. She presents an unflinching look inside the detective story that marks nearly every illness—the diagnosis—revealing the combination of uncertainty and intrigue that doctors face when confronting patients who are sick or dying. Through dramatic stories of patients with baffling symptoms, Sanders portrays the absolute necessity and surprising difficulties of getting the patient's story, the challenges of the physical exam, the pitfalls of doctor-to-doctor

communication, the vagaries of tests, and the near calamity of diagnostic errors. In *Every Patient Tells a Story*, Dr. Sanders chronicles the real-life drama of doctors solving these difficult medical mysteries that not only illustrate the art and science of diagnosis, but often save the patients' lives.

Surgery, The Ultimate Placebo

A Surgeon Cuts Through the Evidence (16pt Large Print Edition)

For many complaints and conditions, the benefits from surgery are lower, and the risks higher, than you or your surgeon think. In this book you will see how commonly performed operations can be found to be useless or even harmful when properly evaluated. That these claims come from an experienced, practising orthopaedic surgeon who performs many of these operations himself, makes the unsettling argument particularly compelling. Of course no surgeon is recommending invasive surgery in bad faith, but Ian Harris argues that the evidence for the success for many common operations, including knee arthroscopies, back fusion or cardiac stenting, become current accepted practice without full examination of the evidence. The placebo effect may be real, but is it worth the recovery time, expense and discomfort?

When the Air Hits Your Brain: Tales from Neurosurgery W. W. Norton & Company

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant insight and

humor, Frank Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain, a young man struck down in his prime by paraplegia, and a minister with a .22-caliber bullet lodged in his skull. Told through intimate portraits of Vertosick's patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the culmination of decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room.

The Tale of the Dueling Neurosurgeons

The History of the Human Brain as Revealed by True Stories of Trauma, Madness, and Recovery *Little, Brown*

The author of the bestseller *The Disappearing Spoon* reveals the secret inner workings of the brain through strange but true stories. Early studies of the human brain used a simple method: wait for misfortune to strike -- strokes, seizures, infectious diseases, horrendous accidents -- and see how victims coped. In many cases their survival was miraculous, if puzzling. Observers were amazed by the transformations that took place when different parts of the brain were destroyed, altering victims' personalities. Parents suddenly couldn't recognize their own children. Pillars of the community became pathological liars. Some people couldn't speak but could still sing. In *The Tale of the Dueling Neurosurgeons*, Sam Kean travels through time with stories of neurological curiosities: phantom limbs, Siamese twin brains, viruses that eat patients' memories, blind people who see

through their tongues. He weaves these narratives together with prose that makes the pages fly by, to create a story of discovery that reaches back to the 1500s and the high-profile jousting accident that inspired this book's title.* With the lucid, masterful explanations and razor-sharp wit his fans have come to expect, Kean explores the brain's secret passageways and recounts the forgotten tales of the ordinary people whose struggles, resilience, and deep humanity made neuroscience possible. *"*The Tale of the Dueling Neurosurgeons*" refers to the case of French king Henri II, who in 1559 was lanced through the skull during a joust, resulting in one of the most significant cases in neuroscience history. For hundreds of years scientists have gained important lessons from traumatic accidents and illnesses, and such misfortunes still represent their greatest resource for discovery.

Gerontological Nursing *Wolters Kluwer Law & Business*

This Won't Hurt a Bit

(And Other White Lies): My Education in Medicine and Motherhood *Grand Central Publishing*

Michelle Au started medical school armed only with a surfeit of idealism, a handful of old ER episodes for reference, and some vague notion about "helping people." *This Won't Hurt a Bit* is the story of how she grew up and became a real doctor. It's a no-holds-barred account of what a modern medical education feels like, from the grim to the ridiculous, from the heartwarming to the obscene. Unlike most medical memoirs, however, this one details the author's struggles to maintain a life outside of the

hospital, in the small amount of free time she had to live it. And, after she and her husband have a baby early in both their medical residencies, Au explores the demands of being a parent with those of a physician, two all-consuming jobs in which the lives of others are very literally in her hands. Au's stories range from hilarious to heartbreaking and hit every note in between, proving more than anything that the creation of a new doctor (and a new parent) is far messier, far more uncertain, and far more gratifying than one could ever expect.

When Doctors Don't Listen

How to Avoid Misdiagnoses and Unnecessary Tests *Macmillan*

Discusses how to avoid harmful medical mistakes, offering advice on such topics as working with a busy doctor, communicating the full story of an illness, evaluating test risks, and obtaining a working diagnosis.

Trauma

My Life as an Emergency Surgeon *St. Martin's Press*

In this pulse-pounding medical memoir, trauma surgeon James Cole takes readers straight into the ER, where anything can and does happen. TRAUMA is Dr. Cole's harrowing account of his life spent in the ER and on the battlegrounds, fighting to save lives. In addition to his gripping stories of treating victims of gunshot wounds, stabbings, attempted suicides, flesh-eating bacteria, car crashes, industrial accidents, murder, and war, the book also

covers the years during Cole's residency training when he was faced with 120-hour work weeks, excessive sleep deprivation, and the pressures of having to manage people dying of traumatic injury, often with little support. Unlike the authors of other medical memoirs, Cole trained to be a surgeon in the military and served as a physician member of a Marine Corps reconnaissance unit, United States Special Operations Command (USSOCOM), and on a Navy Reserve SEAL team. From treating war casualties in Afghanistan and Iraq to his experiences as a civilian trauma surgeon treating alcoholics, drug addicts, criminals, and the mentally deranged, TRAUMA is an intense look at one man's commitment to his country and to those most desperately in need of aid.

Blue Collar, Blue Scrubs

The Making of a Surgeon *St. Martin's Press*

It looked for a while like Michael Collins would spend his life breaking concrete and throwing rocks for the Vittorio Scalese Construction Company. He liked the work and he liked the pay. But a chance remark by one of his coworkers made him realize that he wanted to involve himself in something bigger, something more meaningful than crushing rocks and drinking beer. In his acclaimed first memoir, *Hot Lights, Cold Steel*, Collins wrote passionately about his four-year surgical residency at the prestigious Mayo Clinic. *Blue Collar, Blue Scrubs* turns back the clock, taking readers from his days as a construction worker to his entry into medical school, expertly infusing his journey to become a doctor with humanity, compassion and humor. From

the first time he delivers a baby to being surrounded by death and pain on a daily basis, Collins compellingly writes about how medicine makes him confront, in a very deep and personal way, the nature of God and suffering—and how delicate life can be.

Mastery

The Keys to Success and Long-Term Fulfillment *Penguin*

Drawing on Zen philosophy and his expertise in the martial art of aikido, bestselling author George Leonard shows how the process of mastery can help us attain a higher level of excellence and a deeper sense of satisfaction and fulfillment in our daily lives. Whether you're seeking to improve your career or your intimate relationships, increase self-esteem or create harmony within yourself, this inspiring prescriptive guide will help you master anything you choose and achieve success in all areas of your life. In *Mastery*, you'll discover: • The 5 Essential Keys to Mastery • Tools for Mastery • How to Master Your Athletic Potential • The 3 Personality Types That Are Obstacles to Mastery • How to Avoid Pitfalls Along the Path • and more...

Solving for Why

A Surgeon's Journey to Discover the Transformative Power of Purpose *Hachette UK*

From Mercy Ships surgeon Dr. Mark G. Shrive comes an inspiring memoir about finding the answer to life's biggest question—"Why?"—and about following that answer through remarkable, unlikely places on the road to fulfillment, purpose,

and joy. *SOLVING FOR WHY* chronicles one man's journey to find the answer to the biggest of all life's questions: "Why?" Following a traumatic car accident, Dr. Shrive—the child of Lebanese immigrants fleeing a civil war, who later became a successful practicing surgeon in Boston—found himself compelled to change the course of his life, determined to find meaning and satisfaction even if it meant diverting from America's idea of "success." Featuring stories, insights, and research from his own exceptional life and work, *SOLVING FOR WHY* is the story of Dr. Shrive's search for—and discovery of—lifelong fulfillment. Now a global surgeon operating on a hospital ship docked off the coast of West Africa and one of the few global experts on surgery in low- and middle-income countries, Dr. Shrive seeks to impart the wisdom of the lessons he's learned over the course of his search for a life of true contentment. In the tradition of Dr. Paul Farmer's *To Repair the World*, Dr. Atul Gawande's *Better*, and Dr. Michele Harper's *The Beauty in Breaking*, *SOLVING FOR WHY* combines personal stories with deep, thoughtful research into the challenges of working in modern medicine in the 21st century and the commodification of work in America. A story of discovery and transformation, *SOLVING FOR WHY* seeks to help readers answer the "why" of their own lives and ultimately find joy outside the status quo.

Counting Backwards: A Doctor's Notes on Anesthesia *W. Norton & Company*

A moving exploration of the most common but most mysterious procedure in medicine. For many of the 40 million Americans who undergo anesthesia each year, it is the source of great fear and

fascination. From the famous first demonstration of anesthesia in the Ether Dome at Massachusetts General Hospital in 1846 to today's routine procedure that controls anxiety, memory formation, pain relief, and more, anesthesia has come a long way. But it remains one of the most extraordinary, unexplored corners of the medical world. In *Counting Backwards*, Dr. Henry Jay Przybylo—a pediatric anesthesiologist with more than thirty years of experience—delivers an unforgettable account of the procedure's daily dramas and fundamental mysteries. Przybylo has administered anesthesia more than 30,000 times in his career—erasing consciousness, denying memory, and immobilizing the body, and then reversing all of these effects—on newborn babies, screaming toddlers, sullen teenagers, even a gorilla. With compassion and candor, he weaves his experiences into an intimate exploration of the nature of consciousness, the politics of pain relief, and the wonder of modern medicine. Filled with intensity and humanity, with moments of near-disaster, life-saving success, and simple grace, *Counting Backwards* is for anyone curious about what happens after we lose consciousness.

Being a Woman Surgeon

Sixty Women Share Their Stories *Gordian Knot Books / Richard Altschuler & Associates, Incorporated*

"This is a poignant and moving narrative collection from women who each in their own way were pioneers in their field of surgery. The story of the courage, physical strength, stamina and, most of all, the mental fortitude required to complete surgical training is beautifully conveyed here. This collection will hopefully both

inspire and make the path easier for the next generation of surgeons, both women and men." - Abraham Verghese, MD; best-selling author of *Cutting for Stone*, *The Tennis Partner*, and *My Own Country* "This book is an enthralling read. It is all too rare to hear the stories of surgeons, and even rarer to hear those of women surgeons. Yet here they are, told straight out, fearlessly, by residents and retirees alike. The stories are by turns funny, heartbreaking, flabbergasting, infuriating, inspiring—and at times all of these at once. Each voice here is singular and fascinating. But the collective effect is overwhelmingly moving. You want to hear more." - Atul Gawande, MD; staff writer for *The New Yorker*; surgeon; researcher; best-selling author of *Complications*, *The Checklist Manifesto*, and *Better* "An inspiring compendium of stories that challenged a generation and defined an era. Being a Woman Surgeon will be the archival account of the women who dared to radically advance the world's greatest profession." - Marty Makary, MD, MPH; Johns Hopkins surgeon; *New York Times* best-selling author of *Unaccountable* "An extraordinary collection of essays written by an even more extraordinary group of women, this book offers an unparalleled view of what it is like to be a woman surgeon. It is the book that I wish I had as a medical student and that even now I find inspiring." - Pauline Chen, *New York Times* columnist; surgeon; author of *Final Exam—A Surgeon's Reflections on Mortality* "Dr. John has carefully collected an illuminating anthology of experiential writings from women surgeons. Her contributors vary in surgical specialty, years of experience, and personal situation. This rich and literate collection will prove fascinating reading for anyone interested in the world of medicine." - Carol Scott-Conner, MD, FACS; surgeon;

author of *A Few Small Moments* Dr. Preeti R. John is a critical care surgeon who works in Baltimore, Maryland. She is triple board certified in General Surgery, Surgical Critical Care and Hospice and Palliative Medicine.

The Mayo Clinic

Faith, Hope, Science *Rosetta Books*

Based on the PBS documentary by Ken Burns, Erik Ewers, and Christopher Loren Ewers. On September 30, 1889, W.W. Mayo and his sons Will and Charlie performed the very first operation at a brand-new Catholic hospital in Rochester, Minnesota. It was called Saint Marys. The hospital arose out of the devastation of a tornado that had struck the town six years earlier. After the storm, Mother Alfred Moes of the Sisters of Saint Francis told the Mayos that she had a vision of building a hospital that would "become world renowned for its medical arts." Based on the film by acclaimed documentary filmmaker Ken Burns, *The Mayo Clinic: Faith, Hope, Science* chronicles the history of this unique organization, from its roots as an unlikely partnership between a country doctor and a Franciscan order of nuns to its position today as a worldwide model for patient care, research, and education. Featuring more than 400 compelling archival and modern images, as well as the complete script from the film, the book demonstrates how the institution's remarkable 150-year history continues to inspire the way medicine is practiced there today. In addition, a series of case studies reveals patients, doctors, and nurses in their most private moments as together they face difficult diagnoses and embark on uncertain

treatments. The film and this companion book tell the story of an organization that has managed to stay true to its primary value—the needs of the patient come first. Together, they make an important contribution to the critical discussions about the delivery of health care today in America ... and the world.

Compassionomics

The Revolutionary Scientific Evidence That Caring Makes a Difference

Paris to the Moon *Random House*

Paris. The name alone conjures images of chestnut-lined boulevards, sidewalk cafés, breathtaking façades around every corner—in short, an exquisite romanticism that has captured the American imagination for as long as there have been Americans. In 1995, Adam Gopnik, his wife, and their infant son left the familiar comforts and hassles of New York City for the urbane glamour of the City of Light. Gopnik is a longtime New Yorker writer, and the magazine has sent its writers to Paris for decades—but his was above all a personal pilgrimage to the place that had for so long been the undisputed capital of everything cultural and beautiful. It was also the opportunity to raise a child who would know what it was to romp in the Luxembourg Gardens, to enjoy a croque monsieur in a Left Bank café—a child (and perhaps a father, too) who would have a grasp of that Parisian sense of style we Americans find so elusive. So, in the grand tradition of the American abroad, Gopnik walked the paths of the Tuileries, enjoyed philosophical discussions at his local bistro, wrote as

violet twilight fell on the arrondissements. Of course, as readers of Gopnik's beloved and award-winning "Paris Journals" in The New Yorker know, there was also the matter of raising a child and carrying on with day-to-day, not-so-fabled life. Evenings with French intellectuals preceded middle-of-the-night baby feedings; afternoons were filled with trips to the Musée d'Orsay and pinball games; weekday leftovers were eaten while three-star chefs debated a "culinary crisis." As Gopnik describes in this funny and tender book, the dual processes of navigating a foreign city and becoming a parent are not completely dissimilar journeys--both hold new routines, new languages, a new set of rules by which everyday life is lived. With singular wit and insight, Gopnik weaves the magical with the mundane in a wholly delightful, often hilarious look at what it was to be an American family man in Paris at the end of the twentieth century. "We went to Paris for a sentimental reeducation-I did anyway-even though the sentiments we were instructed in were not the ones we were expecting to learn, which I believe is why they call it an education."

Being Mortal

Medicine and What Matters in the End by Atul Gawande Summary & Analysis Createspace Independent Publishing Platform

This review of Being Mortal: Medicine and What Matters in the End by Atul Gawande provides a chapter by chapter detailed summary followed by an analysis and critique of the strengths and weaknesses of this book. Gawande draws on clinical studies,

case histories and stories from his own experiences as a doctor and a son to illuminate the subject of mortality relative to modern medical systems. His treatment of the subject covers a broad range of institutions and individuals that shape the lives of the aged and terminally ill. The central thesis of the book is that the experience of the end of life has been problematized and addressed by medical models that place extending life over quality of life and institutional frameworks that place safety and efficiency over the ability for people to have autonomy over the last part of their lives. Gawande is a surgeon at Brigham and Women's Hospital and a professor at the Harvard Medical School. He is a writer at The New Yorker magazine and author of three New York Times bestselling books. Download your copy today! Available on PC, Mac, smart phone, tablet or Kindle device. (c) 2015 All Rights Reserved

Uglies: Cutters (Graphic Novel) Ballantine Group

Experience the riveting, dystopian Uglies series seen as never before—through the eyes of Shay, Tally Youngblood's closest and bravest friend, who refuses to take anything about society at face value. "From the moment we are born, we are considered threats in need of 'special' management. We are watched and shaped and exploited by a force most of us never see. . . . All to keep us safe. . . . Do you feel safe?! Or do you feel like you're in a cage?"—Shay In Pretties, Tally Youngblood and her daring best friend, Shay, both underwent the operation that turned them from ordinary Uglies into stunning beauties. Now this thrilling new graphic novel reveals Shay's perspective on living in New Pretty Town . . . and the way she sees it, there's more to this so-

called paradise than meets the eye. With the endless parties and custom-made clothes, life as a Pretty should be perfect. Yet Shay doesn't feel quite right. She has little to no memory of her past; it's as if something in her brain has inexplicably changed. When she reunites with Tally and the Crims—her rebellious group of friends from Uglyville—she begins to recall their last departure to the wild, and the headstrong leader she used to be. And as she remembers the truth about what doomed their escape, Shay decides to fight back—against the status quo, against the mysterious Special Circumstances, even against her own best friend.

Mind Management, Not Time Management

Productivity When Creativity Matters *Kadavy, Inc.*

You have the TIME. Do you have the ENERGY? You've done everything you can to save time. Every productivity tip, every "life hack," every time management technique. But the more time you save, the less time you have. The more overwhelmed, stressed, exhausted you feel. "Time management" is squeezing blood from a stone. Introducing a new approach to productivity. Instead of struggling to get more out of your time, start effortlessly getting more out of your mind. In *Mind Management, Not Time Management*, best-selling author David Kadavy shares the fruits of his decade-long deep dive into how to truly be productive in a constantly changing world. Quit your daily routine. Use the hidden patterns all around you as launchpads to skyrocket your productivity. Do in only five minutes what used to take all day. Let your "passive genius" do your best thinking

when you're not even thinking. "Writer's block" is a myth. Learn a timeless lesson from the 19th century's most underrated scientist. Wield all of the power of technology, with none of the distractions. An obscure but inexpensive gadget may be the shortcut to your superpowers. Keep going, even when chaos strikes. Tap into the unexpected to find your next Big Idea. *Mind Management, Not Time Management* isn't your typical productivity book. It's a gripping page-turner chronicling Kadavy's global search for the keys to unlock the future of productivity. You'll learn faster, make better decisions, and turn your best ideas into reality. Buy it today.

One Giant Leap

The Impossible Mission That Flew Us to the Moon *Simon & Schuster*

The New York Times bestselling, "meticulously researched and absorbingly written" (The Washington Post) story of the trailblazers and the ordinary Americans on the front lines of the epic Apollo 11 moon mission. President John F. Kennedy astonished the world on May 25, 1961, when he announced to Congress that the United States should land a man on the Moon by 1970. No group was more surprised than the scientists and engineers at NASA, who suddenly had less than a decade to invent space travel. When Kennedy announced that goal, no one knew how to navigate to the Moon. No one knew how to build a rocket big enough to reach the Moon, or how to build a computer small enough (and powerful enough) to fly a spaceship there. No one knew what the surface of the Moon was like, or what

astronauts could eat as they flew there. On the day of Kennedy's historic speech, America had a total of fifteen minutes of spaceflight experience—with just five of those minutes outside the atmosphere. Russian dogs had more time in space than US astronauts. Over the next decade, more than 400,000 scientists, engineers, and factory workers would send twenty-four astronauts to the Moon. Each hour of space flight would require one million hours of work back on Earth to get America to the Moon on July 20, 1969. "A veteran space reporter with a vibrant touch—nearly every sentence has a fact, an insight, a colorful quote or part of a piquant anecdote" (The Wall Street Journal) and in *One Giant Leap*, Fishman has written the sweeping, definitive behind-the-scenes account of the furious race to complete one of mankind's greatest achievements. It's a story filled with surprises—from the item the astronauts almost forgot to take with them (the American flag), to the extraordinary impact Apollo would have back on Earth, and on the way we live today. From the research labs of MIT, where the eccentric and legendary pioneer Charles Draper created the tools to fly the Apollo spaceships, to the factories where dozens of women sewed spacesuits, parachutes, and even computer hardware by hand, Fishman captures the exceptional feats of these ordinary Americans. "It's been 50 years since Neil Armstrong took that one small step. Fishman explains in dazzling form just how unbelievable it actually was" (Newsweek).

Neither Here Nor There *Anchor Canada*

Bryson brings his unique brand of humour to travel writing as he shoulders his backpack, keeps a tight hold on his wallet and

heads for Europe. Travelling with Stephen Katz--also his wonderful sidekick in *A Walk in the Woods*--he wanders from Hammerfest in the far north, to Istanbul on the cusp of Asia. As he makes his way round this incredibly varied continent, he retraces his travels as a student twenty years before with caustic hilarity.

Your Medical Mind

How to Decide What Is Right for You *Penguin*

An entirely new way to make the best medical decisions. Making the right medical decisions is harder than ever. We are overwhelmed by information from all sides—whether our doctors' recommendations, dissenting experts, confusing statistics, or testimonials on the Internet. Now Doctors Groopman and Hartzband reveal that each of us has a "medical mind," a highly individual approach to weighing the risks and benefits of treatments. Are you a minimalist or a maximalist, a believer or a doubter, do you look for natural healing or the latest technology? The authors weave vivid narratives of real patients with insights from recent research to demonstrate the power of the medical mind. After reading this groundbreaking book, you will know how to arrive at choices that serve you best.

In Shock

My Journey from Death to Recovery and the Redemptive Power of Hope *St. Martin's Press*

A riveting first-hand account of a physician who's suddenly a

dying patient, *In Shock* "searches for a glimmer of hope in life's darkest moments, and finds it." —The Washington Post Dr. Rana Awdish never imagined that an emergency trip to the hospital would result in hemorrhaging nearly all of her blood volume and losing her unborn first child. But after her first visit, Dr. Awdish spent months fighting for her life, enduring consecutive major surgeries and experiencing multiple overlapping organ failures. At each step of the recovery process, Awdish was faced with something even more unexpected: repeated cavalier behavior from her fellow physicians—indifference following human loss, disregard for anguish and suffering, and an exacting emotional distance. Hauntingly perceptive and beautifully written, *In Shock* allows the reader to transform alongside Awdish and watch what she discovers in our carefully-cultivated, yet often misguided, standard of care. Awdish comes to understand the fatal flaws in her profession and in her own past actions as a physician while

achieving, through unflinching presence, a crystalline vision of a new and better possibility for us all. As Dr. Awdish finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave road map for anyone navigating illness while presenting physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient.

The Case for Loving

The Fight for Interracial Marriage *Arthur a Levine*

A tribute to the brave example of the Loving family describes how they were arrested in mid-20th-century Virginia for violating laws against interracial marriage and argued their case all the way to the Supreme Court, prompting a landmark civil rights triumph.