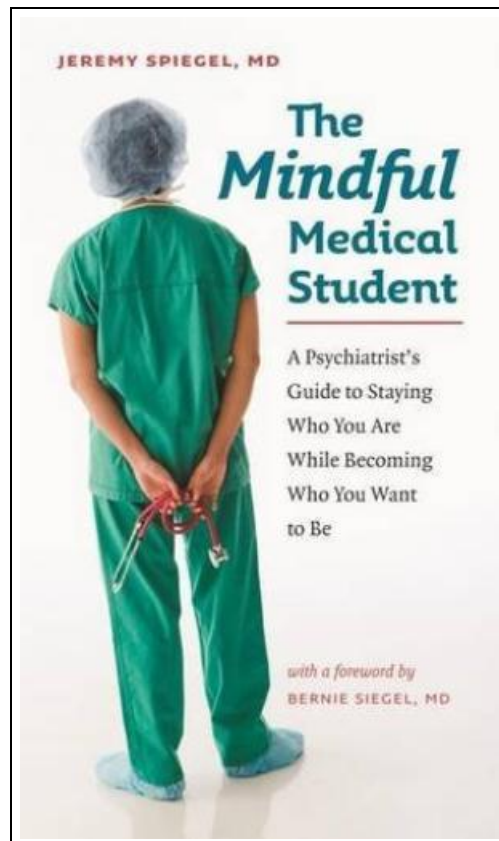


## The Mindful Medical Student: A Psychiatrist's Guide To Staying Who You Are While Becoming Who You Want To Be.



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Dartmouth College Press, Hanover, 2009. Softcover. Condition: New. First Edition.. 168 pages. Softcover. New book. MEDICINE. The essential primer on surviving the rigors of medical school—and thriving there—through the application of self-knowledge, self-care, and self-control. Four years in medical school are not only demanding and competitive in a strictly academic sense, but they may bring students face-to-face with perfectionism, anxiety, obsessions, power plays, difficult patients, ethical dilemmas, identity crises, sleep deprivation, financial strain, and—perhaps for the first time in their lives—confrontations with disease, suffering, and death. The Mindful Medical Student will broaden readers' perspectives and cultivate their ability to respond to the extreme emotional, psychological, and spiritual challenges posed by medical school and, eventually, a medical career. Jeremy Spiegel, MD, tackled these issues head on, prevailed, and became a first-rate psychiatrist. Now, in a vital book, he shares what he has learned. "The Mindful Medical Student should be required reading for everyone in medical school. More than that, it should be a required course!"—Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom* "This book can be a valuable resource for any medical student in navigating the sometimes tortuous waters of training in ways that will promote greater sanity, healing, and compassion, both for oneself, and for one's patients, not just while in school, but across the lifespan of one's practice."—Jon Kabat-Zinn, PhD., Professor of Medicine emeritus, UMass Medical School, author, *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness* "Medical school can be an inspiring, lofty experience or an extended exercise in personal degradation. The Mindful Medical Student is a clear, concise guidebook for negotiating the challenges all medical students face. If you want to not just survive medical school, but triumph, this book is highly recommended."—Larry Dossey, MD, author of...



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