

Better A Surgeons Notes On Performance Atul Gawande

The international bestseller from the author of *Being Mortal* In these gripping accounts of true cases, bestselling author Atul Gawande performs exploratory surgery on medicine itself, laying bare a science not in its idealised form, but as it actually is - complicated, perplexing and profoundly human. This is a stunningly well-written account of the life of a surgeon: what it is like to cut into people's bodies and the terrifying - literally life and death - decisions that have to be made: operations that go wrong; of doctors who go to the bad; why autopsies are necessary; what it feels like to insert your knife into someone.

'Written as tautly as a thriller' Observer

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.

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.

BetterA Surgeon's Notes on PerformanceMetropolitan Books

Faith, Hope, Science

Medicine and What Matters in the End

A Surgeon's Notes on Performance

Blood, Sweat and Tears — Becoming a Better Surgeon

This Is Going to Hurt

Occupational Outlook Handbook

Black Box Thinking

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.

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.

The struggle to perform well is universal, but nowhere is this drive to do better more important than in medicine. In his new 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. His vivid stories take us to battlefield surgical tents in Iraq, 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. Finally, he gives a brutally honest insight into life as a practising surgeon. Unflinching but compassionate, Gawande's investigation into medical professionals and their progression from good to great provides a detailed blueprint for success that can be used by everyone.

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.

What Hospitals Won't Tell You and How Transparency Can Revolutionize Health Care

The Tale of the Dueling Neurosurgeons

Secret Diaries of a Medical Resident

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

The Knife Man

A Surgeon's Notes on an Imperfect Science

Confessions of a Surgeon

Intern Roy Basch becomes disillusioned with the medical establishment when he sees his fellow interns fall for the illusions that destroy a doctor's ability to relate to and really care for his patients. Reprint.

Awarded the Padma Shri, the Padma Bhushan and the OBE, Dr Tehemton Erach Udawadia 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.

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.

When Michael Collins decides to become a surgeon, he is totally unprepared for the chaotic life of a resident at a major hospital. A natural overachiever, Collins' success, in college and medical school led to a surgical residency at one of the most respected medical centers in the world, the famed Mayo Clinic. But compared to his fellow residents Collins feels inadequate and unprepared. All too soon, the euphoria of beginning his career as an orthopedic resident gives way to the feeling he is a counterfeit, an imposter who has infiltrated a society of brilliant surgeons. This story of Collins' four-year surgical residency traces his rise from an eager but clueless first-year resident to accomplished Chief Resident in his final year. With unparalleled humor, he recounts the disparity between people's perceptions of a doctor's glamorous life and the real thing: a succession of run down cars that are towed to the junk yard, long weekends moonlighting at rural hospitals, a family that grows larger every year, and a laughable income. Collins' good nature helps him over some of the rough spots but cannot spare him the harsh reality of a doctor's life. Every day he is confronted with decisions that will change people's lives-or end them-forever. A young boy's leg is mangled by a tractor: risk the boy's life to save his leg, or amputate immediately? A woman diagnosed with bone cancer injures her hip: go through a painful hip operation even though she has only months to live? Like a jolt to the system, he is faced with the reality of suffering and death as he struggles to reconcile his idealism and aspiration to heal with the recognition of his own limitations and imperfections. Unflinching and deeply engaging, *Hot Lights, Cold Steel* is a humane and passionate reminder that doctors are people too. This is a gripping memoir, at times devastating, others triumphant, but always compulsively readable.

Joseph Lister's Quest to Transform the Grisly World of Victorian Medicine

**Life Lessons Beyond the OT
Complications**

A Surgeon in the Village

Every Patient Tells a Story

A Case Based Clinical Review

An Alchemy of Mind

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.

Nobody wants to fail. But in highly complex organizations, success can happen only when we confront our mistakes, learn from our own version of a black box, and create a climate where it's safe to fail. We all have to endure failure from time to time, whether it's underperforming at a job interview, flunking an exam, or losing a pickup basketball game. But for people working in safety-critical industries, getting it wrong can have deadly consequences. Consider the shocking fact that preventable medical error is the third-biggest killer in the United States, causing more than 400,000 deaths every year. More people die from mistakes made by doctors and hospitals than from traffic accidents. And most of those mistakes are never made public, because of malpractice settlements with nondisclosure clauses. For a dramatically different approach to failure, look at aviation. Every passenger aircraft in the world is equipped with an almost indestructible black box. Whenever there's any sort of mishap, major or minor, the box is opened, the data is analyzed, and experts figure out exactly what went wrong. Then the facts are published and procedures are changed, so that the same mistakes won't happen again. By applying this method in recent decades, the industry has created an astonishingly good safety record. Few of us put lives at risk in our daily work as surgeons and pilots do, but we all have a strong interest in avoiding predictable and preventable errors. So why don't we all embrace the aviation approach to failure rather than the health-care approach? As Matthew Syed shows in this eye-opening book, the answer is rooted in human psychology and organizational culture. Syed argues that the most important determinant of success in any field is an acknowledgment of failure and a willingness to engage with it. Yet most of us are stuck in a relationship with failure that impedes progress, halts innovation, and damages our careers and personal lives. We rarely acknowledge or learn from failure—even though we often claim the opposite. We think we have 20/20 hindsight, but our vision is usually fuzzy. Syed draws on a wide range of sources—from anthropology and psychology to history and complexity theory—to explore the subtle but predictable patterns of human error and our defensive responses to error. He also shares fascinating stories of individuals and organizations that have successfully embraced a black box approach to improvement, such as David Beckham, the Mercedes F1 team, and Dropbox.

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (*The New Yorker*) -- and sometimes horrifying -- truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's *This Is Going to Hurt* provides a no-holds-barred account of his time on the

front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.

*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.*

Why Most People Never Learn from Their Mistakes--But Some Do

How to Get Things Right

Life, Death and Sleepless Nights in a Surgeon's First Years

The Marvel and Mystery of the Brain

The Ultimate Guide To Choosing a Medical Specialty

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

HBR Guide to Making Better Decisions

"I am a doctor." Every year, thousands of medical school graduates utter these four simple words. But as you will see in **Playing God**, earning an M.D. is just the first step to becoming a real physician. In this page-turning, thrilling, and moving memoir, Dr. Anthony Youn reveals that the true metamorphosis from student to doctor occurs not in medical school but in the formative years of residency training and early practice. It is only through actually saving and losing patients, taking on the medical establishment, wrestling with financial and emotional survival, and fighting for patients' lives that a young doctor becomes a mature and competent physician. Dr. Youn takes you from the operating rooms of a university surgery residency program to the gleaming offices of top Beverly Hills plastic surgeons to opening the doors of his empty clinic as a new doctor with no money, no patients, and mountains of debt. **Playing God** leaves you with an unexpected answer to that profound question: "What does it mean to be a doctor?" In **Playing God**, you will take a journey through the world of surgery, hospitals, and the practice of medicine unlike any that you have traveled before.

...based on ground breaking studies at Beth Israel, Emory Univ., and St. Thomas's Hospital...shows how visualization & relaxation techniques, support groups, & positive doctor-patient relationships play an important part in healing.

Explores the efforts of physicians to close the gap between best intentions and best performance in the face of insurmountable obstacles, discussing such topics as the ethical considerations of lethal injections, malpractice, and surgical errors.

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 American Doctor Teaches Brain Surgery in Africa

Prepare for Surgery, Heal Faster

A Surgeon Cuts Through the Evidence

A Practical Guide

The Butchering Art

When the Air Hits Your Brain: Tales from Neurosurgery

Medical Mysteries and the Art of Diagnosis

Surgery: A Case Based Clinical Review provides the reader with a comprehensive understanding of surgical diseases in one easy to use reference that combines multiple teaching formats. The book begins using a case based approach. The cases presented cover the diseases most commonly encountered on a surgical rotation. The cases are designed to provide the reader with the classic findings on history and physical examination. The case presentation is followed by a series of short questions and answers, designed to provide further understanding of the important aspects of the history, physical examination, differential diagnosis, diagnostic work-up and management, as well as questions that may arise on surgical rounds. Key figures and tables visually reinforce the important elements of the disease process. A brief algorithmic flow chart is provided so the reader can quickly understand the optimal management approach. Two additional special sections further strengthen the student's comprehension. The first section covers areas of controversy in the diagnosis or management of each disease, and another section discusses pitfalls to avoid, where the inexperienced clinician might get in trouble. The text concludes with a series of multiple choice questions in a surgery shelf/USMLE format with robust explanations. Surgery: A Case Based Clinical Review is based on 20 years of Socratic medical student teaching by a nine-time Golden Apple teaching awardee from the UCLA School of Medicine and will be of great utility for medical students when they rotate on surgery, interns, physician assistant students, nursing students and nurse practitioner students.

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?

An inspiring story of doctors who changed the health care of an African nation Dr. Dilan Ellegala arrives in Tanzania, shocked to find the entire country has just three brain surgeons for its population of forty-two million. Haydom Lutheran Hospital lacks even the most basic surgical tools, not even a saw to open a patient's skull. Here, people with head injuries or brain tumors heal on their own or die. When confronted with a villager suffering from a severe head trauma, Dilan buys a tree saw from a farmer, sterilizes it, and then uses it to save the man's life. Yet Dilan realizes that there are far too many neurosurgery patients for one person to save, and of course he will soon be leaving Tanzania. He needs to teach someone his skills. He identifies a potential student in Emmanuel Mayegga, a stubborn assistant medical officer who grew up in a mud hut. Though Mayegga has no medical degree, Dilan sees that Mayegga has the dexterity, intelligence, and determination to do brain surgery. Over six months, he teaches Mayegga how to remove tumors and treat hydrocephalus. And then, perhaps more important, Dilan teaches Mayegga how to pass on his newfound skills. Mayegga teaches a second Tanzanian, who teaches a third. It's a case of teach-a-man-to-fish meets brain surgery. As he guides these Tanzanians to do things they never thought possible, Dilan challenges the Western medical establishment to do more than send vacationing doctors on short-term medical missions. He discovers solutions that could transform health care for two billion people across the world. A Surgeon in the Village is the incredible and riveting account of one man's push to "train-forward"—to change our approach to aid and medical training before more lives are needlessly lost. His story is a testament to the transformational power of teaching and the ever-present potential for change. As many as seventeen million people die every year because of a shortage of surgeons, more than die from AIDS, malaria, and tuberculosis combined. Dilan Ellegala and other visionaries are boldly proposing ways of saving lives.

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.

Being Mortal

Better

Hot Lights, Cold Steel

Surgery

Stories of Life, Death, and Brain Surgery

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

The Checklist Manifesto

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 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.

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.

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.

A Guide of Mind-Body Techniques

The Keys to Success and Long-Term Fulfillment

Do No Harm

Extinguish Burnout

Being a Woman Surgeon

The Extraordinary Life and Times of John Hunter, Father of Modern Surgery

Unaccountable

A New York Times Bestseller

#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.

A beautifully written and compelling memoir of a largely unexplored area of medicine: transplant surgery. Leading transplant surgeon Dr Joshua Mezrich creates life from loss, moving organs from one body to another. In this intimate, profoundly moving work, he examines more than one hundred years of remarkable medical breakthroughs, connecting this fascinating history with the stories of his own patients. Gripping and evocative, *How Death Becomes Life*

takes us inside the operating room and presents the stark dilemmas that transplant surgeons must face daily: 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? The human story behind the most exceptional medicine of our time, Mezrich's riveting book is a poignant reminder that a life lost can also offer the hope of a new beginning.

"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

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Assisting at Surgical Operations

The Evolution of a Modern Surgeon

More Than Just Surgery

Mastery

Surgery, the Ultimate Placebo

The Mayo Clinic

Sixty Women Share Their Stories

The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

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.

The gripping story of how Joseph Lister's antiseptic method changed medicine forever

Hundreds of people slam through its doors every day: gunshot cops, battered kids, drug addicts, and suicides, destitute drunks, homeless people, AIDS sufferers, and accident victims. It's a bizarre parade of humanity looking for help -- in the one place they know they can find it.

Welcome to the frontline trenches of medicine: the emergency room of the legendary Bellevue Hospital. Here, an army of doctors and nurses faces the onslaught of young and old, rich and ragged, sick and dying. All day, all night. All year. This is their story -- an around-the-clock drama of the unexpected: a crane falling on a hapless pedestrian; a crazed executive wearing two-thirds of a three-piece suit; a pretty paralegal aide struggling with an on-the-job cocaine

overdose; a trauma victim of an East River helicopter crash clinging to life. It's terrifying, tragic, triumphant ... and true.

Counting Backwards: A Doctor's Notes on Anesthesia
The House of God

Playing God

How Doctors Think

How Death Becomes Life

You Can Stop Humming Now

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.

From humble origins, John Hunter rose to become the most famous anatomist and surgeon of the eighteenth century. In an age when operations were crude, extremely painful, and often fatal, he rejected medieval traditions to forge a revolution in surgery founded on pioneering scientific experiments. Using the knowledge he gained from countless human dissections, Hunter worked to improve medical care for both the poorest and the best-known figures of the era- including Sir Joshua Reynolds and the young Lord Byron. An insatiable student of all life-forms, Hunter was also an expert naturalist. He kept exotic creatures

in his country menagerie and dissected the first animals brought back by Captain Cook from Australia. Ultimately his research led him to expound highly controversial views on the age of the earth, as well as equally heretical beliefs on the origins of life more than sixty years before Darwin published his famous theory. Although a central figure of the Enlightenment, Hunter's tireless quest for human corpses immersed him deep in the sinister world of body snatching. He paid exorbitant sums for stolen cadavers and even plotted successfully to steal the body of Charles Byrne, famous in his day as the "Irish giant."

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...

Emergency Doctor
Notes from a Transplant Surgeon
A Practical Guide to Prevention and Recovery