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*The Doctors Guide
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It's one of the toughest

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**economies in years, but don't
fear-the doctor is in Are you
among the thousands of
retailers frustrated by market
challenges and looking for
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the advice of an expert consultant, but unable to spend the money? Then The Retail Doctor's Guide to Growing Your Business is for you. By providing a step-by-step approach to evaluate your

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**current business practices,
The Retail Doctor offers
professional guidance
Redesign your organizational
structure Reap the maximum
returns on your investment
Keep your business financially**

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Following the advice in these pages will help you devise a sound strategy to accomplish your goals and outperform your competitors. You'll also gain clear insight into all areas of human

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**Growing Your Business, you
can be making changes that
will guarantee enormous
returns and financial success.
NEW YORK TIMES EDITORS'
CHOICE • From the bestselling
author of Mexican Gothic and**

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Velvet Was the Night comes a
lavish historical drama
reimagining of *The Island of
Doctor Moreau* set against the
backdrop of nineteenth-
century Mexico. “This is
historical science fiction at its

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best: a dreamy reimagining of a classic story with vivid descriptions of lush jungles and feminist themes. Some light romance threads through the heavier ethical questions concerning

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**humanity.”—Library Journal
(starred review) “The
imagination of Silvia Moreno-
Garcia is a thing of wonder,
restless and romantic, fearless
in the face of genre, embracing
the polarities of**

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**storytelling—the sleek and the
bizarre, wild passions and deep
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equanimity.”—The New York
Times Carlota Moreau: A
young woman growing up on a
distant and luxuriant estate,**

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**safe from the conflict and
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The only daughter of a
researcher who is either a
genius or a madman.
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melancholic overseer with a**

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**tragic past and a propensity
for alcohol. An outcast who
assists Dr. Moreau with his
experiments, which are
financed by the Lizaldes,
owners of magnificent
haciendas and plentiful**

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coffers. The hybrids: The fruits of the doctor's labor, destined to blindly obey their creator and remain in the shadows. A motley group of part human, part animal monstrosities. All of them live in a perfectly

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balanced and static world, which is jolted by the abrupt arrival of Eduardo Lizalde, the charming and careless son of Dr. Moreau's patron, who will unwittingly begin a dangerous chain reaction. For Moreau

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keeps secrets, Carlota has questions, and, in the sweltering heat of the jungle, passions may ignite. The Daughter of Doctor Moreau is both a dazzling historical novel and a daring science fiction

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Body Reset Diet, he introduced
his ultimate reset plan to the
word, and rebooted readers'
systems to set them on the**

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**path to thinner, healthier,
happier lives. Now he's
updating this beloved plan
with a new introduction, the
latest findings in nutritional
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three-phase program focuses**

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**on the easiest, most effective
way to slim down: blending.
The five-day jumpstart
includes delicious, expertly
crafted smoothies, dips,
snacks, and soups--all
customizable to any preference**

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or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the

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**easiest form of
exercise--walking--along with
light resistance training is all
it takes to achieve the celebrity-
worthy physique that every
reader craves. Whether
readers are looking to lose**

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significant weight or just those last five pounds, The Body Reset Diet offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for

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MRCPsych candidates to
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**The Doctor's Ultimate Guide to
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Lacks**

When Doctors Don't Listen

An exciting new approach to
regaining health without surgery!
Fact: By the time they reach

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menopause forty percent of American women have at least one uterine fibroid; 600,000 women are diagnosed each year. Fact: Fibroids are the leading cause of hysterectomy, the second most common surgical procedure

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performed on women. Fact: Natural, holistic medicine can heal fibroids without invasive surgery. Fibroid tumors, while usually benign, can swell a woman's uterus to the size of a basketball, frequently causing heavy menstrual bleeding, cramping,

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bladder infections, and even infertility. Most doctors recommend surgery as the only answer. Now this innovative holistic program brings new hope for a surgery-free life to millions of American women. Dr. Allan Warshowsky combines

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traditional Western medicine and holistic science to cure not just the fibroid condition but also the underlying imbalances and systemic dysfunctions that can cause fibroids. With an exciting program of diet, exercise, supplements, herbs, and

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mind/spirit work, Dr. Warshowsky shows fibroid sufferers how to become the strong, healthy women they deserve to be.

NEW YORK TIMES BESTSELLER

The complete, uncensored history of the award-winning The Daily Show

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with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news

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coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will

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be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and

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adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to

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Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to

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effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show

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has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both

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on and off the set of one of America's most groundbreaking shows. How Physicians Can Leverage Their Clinical Skills to Transition to Another Career. By the time they realize their career in clinical medicine isn't everything they

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thought it would be, many physicians believe they're too invested in their trade to turn back now. Feeling burned out, disengaged, unfulfilled or burdened by high student debt or compensation incommensurate with the demands of their job, they may

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feel trapped, without options and with nowhere to turn. In her book, 50 NONCLINICAL CAREERS FOR PHYSICIANS: FULFILLING, MEANINGFUL, and LUCRATIVE ALTERNATIVES TO DIRECT PATIENT CARE, preventive

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medicine physician Sylvie Stacy offers physicians an escape from that bleak "trap" by identifying numerous nonclinical career options that could align with their skillsets and individual financial situation. While providing an escape from the

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stressors of clinical medicine, the book also allays much of the potential guilt associated with "selling out" their chosen profession or abandoning patients by explaining how each physician's training and talents directly translate to patient

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care outside of clinical medicine. The value of 50 NONCLINICAL CAREERS FOR PHYSICIANS is in its actionable advice, including how to market yourself in job applications and interviews, and the abundance of detail it provides -

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including responsibilities, range of compensation and stress levels - to help readers decide which alternative career is the best fit for them. And while other authors encourage physicians to start their own business, Stacy focuses on full-

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time positions that don't require the reader to begin their own consulting business or find their own clients. Now updated for 2015! The best, most comprehensive guide for writers is now revised and updated, with new sections on ebooks, self-

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publishing, crowd-funding through Kickstarter, blogging, increasing visibility via online marketing, micropublishing, the power of social media and author websites, and more—making The Essential Guide to Getting Your Book Published more

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vital than ever for anyone who wants to mine that great idea and turn it into a successfully published book. Written by experts with twenty-five books between them as well as many years' experience as a literary agent (Eckstut) and a book doctor (Sterry),

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this nuts-and-bolts guide demystifies every step of the publishing process: how to come up with a blockbuster title, create a selling proposal, find the right agent, understand a book contract, and develop marketing and publicity savvy. Includes interviews

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with hundreds of publishing insiders and authors, including Seth Godin, Neil Gaiman, Amy Bloom, Margaret Atwood, Leonard Lopate, plus agents, editors, and booksellers; sidebars featuring real-life publishing success stories; sample

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Leading Change, Advancing Health
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A Step-by-Step Approach to Quickly
Diagnose, Treat, and Cure
The Locum Life: A Physician's
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Preventing and Treating Acid
Reflux, Ulcers, Irritable Bowel

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Syndrome, Diverticulitis, Celiac Disease, Colon Cancer, Pancreatitis, Cirrhosis, Hernias and more
Career changes are becoming common among professionals in recent years. Many physicians may want to change direction, but often do not know whether it is the right thing to do or if pursuing a

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career outside of clinical practice would achieve their professional goals. Doctors have the training and education to contribute to society in many beneficial ways in addition to traditional clinical practice. Yet, there is no formal mapped-out route for doctors who want to pursue alternative careers, which is where

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Careers Beyond Clinical Medicine comes in. Doctors at any stage, from early in training to mid-career, to nearing retirement, can use Careers Beyond Clinical Medicine to clearly evaluate the issues involved when considering a career change. This book shows physicians how they can serve society and patients in

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innovative ways, and make a notable impact on health care delivery, policy and quality when they use their medical background in a non-traditional career pursuit. The numerous unadvertised opportunities for physicians are explored and a step-by-step route with practical advice for finding the best career is

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described. Recent advances in healthcare technology, medical science, patient education require physicians to play new roles that have not traditionally been well-defined. Doctors can innovate and have a long-term productive impact on healthcare in the United States and throughout the world if they learn to seize the non-

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traditional career opportunities available to physicians, or even create a new way to fill a void in health care. *Careers Beyond Clinical Medicine* helps illuminate that path.

A study in the collision between Western medicine and the beliefs of a traditional culture focuses on a hospitalized child of

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Laotian immigrants whose belief that illness is a spiritual matter comes into conflict with doctors' methods.

Instead of running to the doctor every time you get sick, you can avoid the illness in the first place with the solutions offered in *The Doctor's Guide to Surviving When Modern Medicine Fails*. No matter your

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current state of health, these easy-to-follow steps will help you elevate your health and live a longer life. This book goes above the standard of healthy eating and exercise. Dr. Johnson tells you what to eat, how to employ proven dietary supplements as allies in your health, ways regularly cleanse your body of toxins and

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harmful chemicals to prevent common colds and diseases, and how to get the most out of physical activity, and more. The techniques outlined by Dr. Scott A. Johnson will create a bodily environment inhospitable to heart disease, cancer, diabetes, and more. Through the sensible approach in The Doctor's Guide to

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Surviving When Modern Medicine Fails
A NEW YORK TIMES BESTSELLER
"Brilliant and enthralling."? —The Wall
Street Journal A paradigm-shifting book
from an acclaimed Harvard Medical
School scientist and one of Time's most
influential people. It's a seemingly
undeniable truth that aging is inevitable.

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But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable."

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This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating

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newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning

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narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a

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roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why we age and what we can do about it. The Doctor's Guide to Critical Appraisal The Spirit Catches You and You Fall Down

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Financial Residency

The Daily Show (The Book)

The Doctor's Guide to Surviving When
Modern Medicine Fails

How to Be a Rock Star Doctor

The Good Doctor's Guide to Colds and
Flu

"The Doctor's Ultimate Guide to

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"Contracts and Negotiations" is a must-have manual for new and practicing doctors that fills the information gap left by medical education and training on preparing current and future doctors to successfully navigate

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transitioning into their first or next practice. This critical 300-page guide to understanding contracts, which is the most important document in a doctor's professional and personal life, will enable doctors to: - Become empowered by

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*over 60 Power Moves for Doctors
during Contract Negotiations-
Recognize the Top 10 Contract
Mistakes Physicians Make-
Understand the Top 5 Most
Important Contract Terms (Hint:
Salary is NOT one of them!)-*

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*Develop a plan of attack when
reading any contract using the
RISC Analysis(TM)- Build
Confidence with 6 Easy Yet Critical
Negotiation Prep Steps- And Much
More, including an accompanying
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Worksheets, and

Checklists Alleviate stress, anxiety

and fear precipitated by analyzing

& negotiating contracts! With over

18 years of experience as physician

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Dr. Bonnie Simpson Mason, a retired orthopaedic surgeon, has written "The Doctor's Ultimate Guide to Contracts and Negotiations" because she believes with the right information, tools and resources, every doctor can

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employ an informed decision-making process when facing critical contract and negotiation decisions. If you are a doctor or if you know a doctor, this book is the single best gift one could ever give!

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cause you to miss the greatest
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Dr. Cory S. Fawcett is a consultant, speaker, award-winning author, entrepreneur, and repurposed general surgeon. He has been involved in more than two dozen business and real estate ventures. His passion for teaching personal

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finance and helping doctors lead happy and debt-free lives spans his entire career. His mission is to eliminate burnout, debt, and bankruptcy among physicians, dentists, and others in the healthcare industry through

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The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be

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created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million in number, nurses make up the single largest segment of the health care work force. They also

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*spend the greatest amount of time
in delivering patient care as a
profession. Nurses therefore have
valuable insights and unique
abilities to contribute as partners
with other health care professionals
in improving the quality and safety*

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*of care as envisioned in the
Affordable Care Act (ACA) enacted
this year. Nurses should be fully
engaged with other health
professionals and assume
leadership roles in redesigning care
in the United States. To ensure its*

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members are well-prepared, the profession should institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates.

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Furthermore, regulatory and institutional obstacles -- including limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In

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this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

• Significant research and increase in knowledge about retinal diseases in recent years • Highly practical

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YOU: The Smart Patient

The Little Book of Doctors' Rules

The Doctor Is Burned Out

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Help Your Newborn Baby Sleep***

Longer

How to Write It, Sell It, and Market

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It . . . Successfully

Create Your Financial Life Plan

Without the Long Hours Or

Sleepless Nights

**"You will never regret being
a doctor IF you work only
for patients. But if you**

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***don't work only for
patients, you will regret
your decision in the end."
Dr. T.L., Concierge
Physician, California
Whether you're the owner
of an existing medical***

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***practice or looking for
guidance and advice to
start your own concierge
medicine or cash-based
practice, The Doctor's
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Medicine helps you***

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***discover an old-fashioned
delivery model of medicine
in a modern economy. It
will help you follow
important steps required
for conducting business,
set realistic expectations***

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and grow your practice by following in the steps and advice relayed directly to us by physicians across the country over the past decade. What You'll Learn: Physician expertise shared

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successful industry leading
Concierge Medicine doctors
and Direct Primary Care
physicians; Advice on
choosing the right business
model; Legal information to***

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***help you play by the rule;
Guidance on business
planning and launch; Hints
for effective patient
communication and proven
strategies to acquire new
patients; Marketplace***

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***research; latest policy
updates and so much more!
Become confident in your
choices. Where should I
live? Is it time to get a new
job? Which job candidate
should I hire? What***

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business strategy should I pursue? We spend the majority of our lives making decisions, both big and small. Yet, even though our success is largely determined by the choices

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that we make, very few of us are equipped with useful decision-making skills. Because of this, we often approach our choices tentatively, or even fearfully, and avoid giving

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them the time and thought required to put our best foot forward. In Smart Choices, John Hammond, Ralph Keeney, and Howard Raiffa—experts with over 100 years of experience

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resolving complex decision problems—offer a proven, straightforward, and flexible roadmap for making better and more impactful decisions, and offer the tools to achieve

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your goals in every aspect of your life. Their step-by-step, divide-and conquer approach will teach you how to:

- Evaluate your plans***
- Break your potential decision into its***

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***key elements • Identify the
key drivers that are most
relevant to your goals •
Apply systematic thinking •
Use the right information to
make the smartest choice
Smart Choices doesn't tell***

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***you what to decide; it tells
you how. As you routinely
use the process, you'll
become more confident in
your ability to make
decisions at work and at
home. And, more***

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importantly, by applying its time-tested methods, you'll make better decisions going forward. Be proactive. Don't wait until a decision is forced on you—or made for you. Seek

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***out decisions that advance
your long-term goals,
values, and beliefs. Take
charge of your life by
making Smart Choices a
lifetime habit.***

You don't have to carry

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***lifelong debt Too many
doctors are carrying
perpetual debt and giving
away a large chunk of each
paycheck as interest to the
bank. The Doctors Guide to
Eliminating Debt can show***

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***you how to pay off debt
faster than you imagined-
including your house. Being
in debt is not a default
condition. Understand the
real cost and that it's not
too late to change the***

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***course of your financial life.
Being debt-free is
empowering, liberating,
and invigorating, but most
doctors don't realize they
can do it without significant
sacrifice.If you are feeling***

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best way I can describe this book is Dave Ramsey for doctors . . . If you're a high income professional and you have debt of any kind, I think you ought to read this book. - James M. Dahle, MD,

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the secret of successful investing. Along the way, Berkin and Swedroe cite and distill more than 100 academic papers on finance and introduce five unique criteria that a factor (at its

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most basic, a characteristic or set of characteristics common among a broad set of securities) must meet to be considered worthy of your investment. In addition to providing

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***explanatory power to
portfolio returns and
delivering a premium,
Swedroe and Berkin argue
a factor should be
persistent, pervasive,
robust, investable and***

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intuitive. By the end, you'll have learned that, within the entire "factor zoo," only certain exhibits are worth visiting and only a handful of factors are required to invest in the same manner

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you as an investor can
benefit from that
knowledge, rendering it an
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making the informed and
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can understand. For everyone who wants better health and peace of mind."
--Diane Sawyer, Co-anchor of ABC News' Good Morning America and PrimeTime Thursday "An important,

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*practical, easy-to-read, and
easy-to-understand source of
information for anyone with
a chronic gastrointestinal
problem." --Isadore
Rosenfeld, M.D., Rossi
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*Clinical Medicine at Weill
Medical College of Cornell
University and bestselling
author Digestive ailments,
whether mild or life-
threatening, are a major
concern for millions of*

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people--and they can be difficult to diagnose and treat. Now, in this essential reference book, Dr. Paul Miskovitz, a physician at one of the world's top medical institutions, helps you

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*understand the causes,
symptoms, diagnoses, and
medical treatments for a
wide range of
gastrointestinal
disorders--everything from
heartburn to IBS to hepatitis*

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C. This comprehensive, user-friendly guide begins with an overview of how your gastrointestinal system works and how it is affected by lifestyle, age, and emotions. Dr. Miskovitz then

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*explains the disorders that
can affect your esophagus,
stomach, intestine,
gallbladder, liver, pancreas,
colon, and abdominal
cavity--revealing how to
identify and treat problems*

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*and, in most cases, prevent them. You'll also learn how to: * Maintain a healthy gastrointestinal system through diet, exercise, checkups, and screenings * Find the right*

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*gastroenterologist for you **
Identify symptoms and get
*an accurate diagnosis **
Prevent gastrointestinal
problems when you travel
Complete with a list of
organizations that provide

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*information and support,
The Doctor's Guide to
Gastrointestinal Health is
the ultimate resource for
you and your family.
Clearly the science of
medicine has progressed by*

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leaps and bounds over the last twenty years—from computerized surgery to genetic modification. Yet medicine is more than just a science. It is also an art. As medical students complete

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*their education, however,
they may find that their
training has been focused
solely on the mechanics of
diagnosis and treatment.
While this scientific
knowledge is fundamental to*

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proper healthcare, it can overlook the importance of interacting with patients. In an attempt to refocus on how vital it is for doctors to consider their patients in full, Dr. Clifton K. Meador

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has written The Little Book of Doctors' Rules. It offers simple and concise suggestions to humanize the practice of medicine. In this book, Dr. Meador draws on his nearly sixty-year medical

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career for nuggets of advice with both compassion and humor. Although there may not be a defined medical disease behind every physical symptom, Dr. Meador reminds us that the

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*reason behind a symptom
may be found if a doctor
observes and listens
carefully to a patient. He
believes an effective
physician treats a patient,
not just a patient's disease.*

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The Little Book of Doctors' Rules offers insightful rules that address a host of topics, which include developing a rapport with patients, treating dementia, and prescribing drugs. Designed

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for any healthcare professional, these short rules are easily understood and (mostly) non-technical. Here is a small sampling of Dr. Meador's advice, from the sage and somber to the

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*clever and sometimes
controversial. While
listening to a patient, do not
do anything else. Just listen.
Stop drug use in treatment
whenever possible. If
impossible, cease a patient's*

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use of as many drugs as possible whenever possible. Just because you know a lot of physiology, biochemistry, and anatomy does not mean you know anything about people. If all you listen to

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are symptoms, then all you will hear from your patients are symptoms. In addition to his own rules, Dr. Meador has included advice offered by some of the past giants of medicine. It is no

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*coincidence that their words
echo the message of this
book, which gets to the true
center of the healing arts.*

A NEW YORK TIMES

*BESTSELLER A remarkable
story about the power of*

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*friendship. Chosen by
Essence to be among the
forty most influential African
Americans, the three
doctors grew up in the
streets of Newark, facing
city life's temptations,*

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pitfalls, even jail. But one day these three young men made a pact. They promised each other they would all become doctors, and stick it out together through the long, difficult journey to

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attaining that dream.

*Sampson Davis, George
Jenkins, and Rameck Hunt
are not only friends to this
day—they are all doctors.
This is a story about joining
forces and beating the odds.*

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A story about changing your life, and the lives of those you love most... together. It's the worst snowstorm you can remember. The ice-covered streets are abandoned. You hear a

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boom in the distance, and your computer screen goes blank. Darkness. A crash and another bang from inside the house. In the hallway, your husband sits on the floor, soaked in

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blood. You dial 911, and all you get is a busy signal. Would you know what to do next? The Survival Doctor's Complete Handbook will teach you just what you need to know to take care of

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*yourself and your loved ones
in the event you aren't able
to get professional medical
help right away.*

*Encompassing but going
well beyond immediate first
aid, the book covers: how to*

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*put a dislocated joint back
into place how to prevent
hypothermia when your heat
has gone out what to do for
asthma when you don't have
your inhaler whether you
can really drink your own*

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*urine if you run out of water
what to feed your toddler if
he has a fever and you have
no medicine and much more
Featuring more than 100
illustrations, along with
quick quizzes and real-life*

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*examples, The Survival
Doctor's Complete
Handbook will take you step
by step through the
essentials of medical care
during a crisis. Perhaps
you've been stranded by a*

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sudden storm when out camping. Maybe you live alone in a rural area, and can't easily get to a doctor when you hurt your arm. Or you just want to make sure you and your family are

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*prepared to safely weather
the next Superstorm Sandy,
polar vortex, tornado strike,
heat wave, earthquake, or
other natural disaster.*

*Whatever your situation and
your health needs, The*

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*Survival Doctor's Complete
Handbook is your must-have
medical resource.*

*An Essential Guide to
Learning
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Specialty*

*A Physician's Guide to
Recovery*

*How to Avoid Misdiagnoses
and Unnecessary Tests*

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*The Ultimate Natural
Medicine Guide to
Preventing Disease and
Living Longer
An Oral History as Told by
Jon Stewart, the
Correspondents, Staff and*

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Guests

*The Locum Life: A Physician's
Guide to Locum Tenens, is an
insider's guide to locum tenens,
the world of temporary physician
positions. In 20 clearly written
chapters, the author articulates*

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the nuts and bolts of The Locum Life. Physicians will learn how to find their first locum tenens assignment, run their own business, travel, and achieve the work/life balance of their dreams. Navigate your financial crisis and

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emerge stronger than before. A financial crisis can happen to anyone at any time. The most important thing is not to let fear and despair paralyze you and keep you from taking action. Many have come back stronger

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M.D. "I really enjoyed this book!

Hard-nosed meets heartfelt."

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*Written by a practicing
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Coat Investor is a high-yield
manual that specifically deals
with the financial issues facing
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physicians, dentists, and similar*

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*loans within two to five years of
residency graduation Purchase
the right types and amounts of
insurance Decide when to buy a
house and how much to spend
on it Learn to invest in a
sensible, low-cost and effective*

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*manner with or without the
assistance of an advisor Avoid
investments which are designed
to be sold, not bought Select
advisors who give great service
and advice at a fair price
Become a millionaire within five*

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graduation Use a "Backdoor
Roth IRA" and "Stealth IRA" to
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decrease your taxes Protect your
hard-won assets from
professional and personal*

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avoid probate, and ensure your
children and your money go
where you want when you die
Minimize your tax burden,
keeping more of your hard-
earned money Decide between*

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independent contractor job
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"Much of my financial planning
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correct mistakes that reading this
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Jeff Moody was. The demands of being a doctor combined with the pressure to perform regardless of any issues-or risk losing his medical license-left Dr. Moody feeling trapped, hopeless, and powerless. When he stopped to

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consider why he was feeling such despair, he realized the truth: he was suffering from burnout. If you are tired, frustrated, resentful, or feel like you have no control over your workload-let alone your life-you

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might be suffering from burnout, too. As burned out as you may be, it is not hopeless and you are not powerless. You have options, which Dr. Moody will show you. In The Doctor Is Burned Out, Dr. Moody will help you recover from

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burnout by first identifying the factors that led to your burnout. From there, he offers mental exercises, paradigm shifts, and critical habit changes-including suggestions for diet, exercise, and sleep-that can help you

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physicians, dentists,
optometrists, nurse
practitioners, and others in the
healthcare industry through
keynote speaking, writing, and
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passionate about helping doctors live healthy, happy, and debt-free lives and regain control of their practices, their time, and their finances. Dr. Fawcett is a consultant, speaker, award-winning author, and

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get the best health care
possible -- by making everyone
into their own medical
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hone our craft by learning and practicing the best possible medicine for our patients.

Unfortunately, medical training isn't free. With the substantial debt burden facing graduating medical students, it has become

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increasingly important to know how to navigate the choppy waters of personal finance. With sharks in the water, no training on personal finance, and little time to spare on such an important topic, this short

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primer aims to teach you only what you need to know about personal finance so that you can focus on taking good care of patients. If you are ready to learn how to effectively pay down your student loans, invest

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*essential topics you will learn in
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Guide to Personal Finance:*

- *Investing basics (compound interest, time in the market versus "timing" the market, etc.)*
- *Investing specifics (types*

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of vehicles, solid investment plans, and examples) ● Specifics on how to attack your student loans ● Paying off debt versus investing (or both) at various stages ● Asset protection (life, disability, umbrella insurance,

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etc) ● Where to get financial advice and identifying where conflicts of interest exist ● Why lifestyle inflation matters after training and how it can wreck your life Praise for The Physician Philosopher's Guide to Personal

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name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became

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one of the most important tools in medicine: The first “immortal” human cells grown in culture, which are still alive today, though she has been dead for more than sixty years. HeLa cells were vital for developing the polio vaccine;

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uncovered secrets of cancer, viruses, and the atom bomb's effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions. Yet Henrietta Lacks

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remains virtually unknown,
buried in an unmarked grave.
Henrietta's family did not learn
of her "immortality" until more
than twenty years after her
death, when scientists
investigating HeLa began using

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her husband and children in research without informed consent. And though the cells had launched a multimillion-dollar industry that sells human biological materials, her family never saw any of the profits. As

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Rebecca Skloot so brilliantly shows, the story of the Lacks family—past and present—is inextricably connected to the dark history of experimentation on African Americans, the birth of bioethics, and the legal battles

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over whether we control the stuff we are made of. Over the decade it took to uncover this story, Rebecca became enmeshed in the lives of the Lacks family—especially Henrietta's daughter Deborah.

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Deborah was consumed with questions: Had scientists cloned her mother? Had they killed her to harvest her cells? And if her mother was so important to medicine, why couldn't her children afford health insurance?

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Intimate in feeling, astonishing in scope, and impossible to put down, *The Immortal Life of Henrietta Lacks* captures the beauty and drama of scientific discovery, as well as its human consequences.

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