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Complications-Atul Gawande 2003-04-01 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.

Better-Gawande Riveting Accounts Of Medical Failure And Triumph, And How Success Is Achieved In A Complex And Risk-Filled Profession The Struggle To Perform Well Is Universal, And Nowhere Is The Drive To Do Better More Important Than In Medicine, Where Lives Are On The Line With Every Decision. 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. Gawande S Gripping Stories Of Diligence And Ingenuity Take Us To Battlefield Surgical Tents In Iraq, Delivery Rooms In Boston, A Polio Outbreak In India, And Malpractice Courtrooms In The Us. He Discusses The Ethical Dilemmas Of Doctors Participation In Lethal Injections, Examines The Influence Of Money On Modern Medicine, And Recounts The Contentious History Of Hand Washing. And As In All His Writing, Gawande Gives Us An Inside Look At His Own Life As A Surgeon, Offering A Firsthand Account Of Work In A Field Where Mistakes Are Both Unavoidable And Unthinkable.

Better-Atul Gawande 2010-07-09 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.

The Checklist Manifesto-Atul Gawande 2010-04-01 The New York Times bestselling author of *Better* 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.

Being Mortal-Atul Gawande 2014-10-07 #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

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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.

An Alchemy of Mind-Diane Ackerman 2012-10-30 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.

How Doctors Think-Jerome Groopman 2008-03-12 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.

Show Your Work-Jane Bozarth 2014-04-22 Organizations struggle to capture tacit knowledge. Workers struggle to find answers and information across organizational databases and boundaries and silos. New comfort with social sharing, combined with the proliferation of new social tools, offer easy, useful means of sharing not just what we do but how we get things done. For the organization this supports productivity, improves performance, encourages reflective practice, speeds communication, and helps to surface challenges, bottlenecks, and that elusive tacit knowledge. For the worker it illuminates strengths, talents, struggles, and the reality of how days are spent. For the coworker or colleague it solves a problem, saves time, or builds on existing knowledge. And for management it helps to capture who does what, and how, and

otherwise makes visible so much of what is presently opaque. What does showing work mean? It is an image, video, blog post, or use of another tool, or just talking to describe how you solved a problem, show how you fixed the machine, tell how you achieved the workaround, explain how you overcame objections to close the deal, drew the solution to the workflow problem, or photographed the steps you took as you learned to complete a new task. Some of the most effective examples of showing work offer someone explaining how/why they failed, and how they fixed it. Show Your Work offers dozens of examples of individuals and groups showing their work to the benefit of their organizations, their industries, and themselves. Show Your Work offers dozens of real examples of showing work, supported with tips for how to help it happen, how leaders can lead by showing their own work, and how L&D can extend its reach by showing its own work and helping others show theirs.

Confessions of a Surgeon-Paul A. Ruggieri M.D. 2012-01-03 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.

Admissions-Henry Marsh 2017-10-03 The 2017 National Book Critics Circle (NBCC) Finalist, International Bestseller, and a Kirkus Best Nonfiction Book of 2017! "Marsh has retired, which means he's taking a thorough inventory of his life. His reflections and

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recollections make Admissions an even more introspective memoir than his first, if such a thing is possible." —The New York Times "Consistently entertaining...Honesty is abundantly apparent here--a quality as rare and commendable in elite surgeons as one suspects it is in memoirists." —The Guardian "Disarmingly frank storytelling...his reflections on death and dying equal those in Atul Gawande's excellent Being Mortal." —The Economist

Henry Marsh has spent a lifetime operating on the surgical frontline. There have been exhilarating highs and devastating lows, but his love for the practice of neurosurgery has never wavered. Following the publication of his celebrated New York Times bestseller *Do No Harm*, Marsh retired from his full-time job in England to work pro bono in Ukraine and Nepal. In *Admissions* he describes the difficulties of working in these troubled, impoverished countries and the further insights it has given him into the practice of medicine. Marsh also faces up to the burden of responsibility that can come with trying to reduce human suffering. Unearthing memories of his early days as a medical student, and the experiences that shaped him as a young surgeon, he explores the difficulties of a profession that deals in probabilities rather than certainties, and where the overwhelming urge to prolong life can come at a tragic cost for patients and those who love them. Reflecting on what forty years of handling the human brain has taught him, Marsh finds a different purpose in life as he approaches the end of his professional career and a fresh understanding of what matters to us all in the end.

Winning On Appeal: Better Briefs and Oral Argument, Second Edition-Hon. Ruggero J. Aldisert 2010-01-01 *Winning on Appeal* has been adopted by top-flight law schools for appellate advocacy courses. It also has become a popular desk reference on how to write an effective brief and deliver a persuasive oral argument. In the Second Edition, Ruggero J. Aldisert, a 40-year veteran of the federal appeals bench, fundamentally reorganizes the book. By creating 25 chapters in place of the previous 17, Aldisert creates a wonderfully instructive how-to manual for the appellate advocate and a must volume for those who select appellate advocates. Throughout *Winning on Appeal*, 19 current chief justices of state courts, nine chief judges of U.S. Courts of Appeals, more than 20 U.S. Circuit and state appellate judges contribute their thoughts on

how to write a brief and how to argue a case-information that is not available in any other publication or resource. Judge Aldisert draws the perfect roadmap for the attorney who wants to win on appeal. Reviews "With 35 years on the appellate bench, Judge Aldisert has a huge network of friends in judicial and appellate practitioner ranks - people who now provide quotable guidance throughout his book, in one or a few sentences, on everything from perfecting the written argument to pet peeves, from vignettes on being persuasive to a "compendium of advice" on what makes a brief effective." -Oregon Bar Bulletin "Winning on Appeal is an impressive achievement. Appellate lawyers and judges will profit immensely from consulting it." -William J. Brennan, Jr., Justice, U.S. Supreme Court (1957-1990) "Told from a judge's viewpoint, the book is an expose of appellate lawyering from the other side of the bench. It fills a curious void in the existing literature on appellate advocacy, until now authored almost exclusively by non-judges. While practitioners and academics often have invaluable insights, theirs is only half the story." -Alex Kozinski, Judge, U.S. Court of Appeals for the Ninth Circuit

Every Patient Tells a Story-Lisa Sanders 2010 A Yale School of Medicine physician, columnist for "Diagnosis," and technical advisor for the television show House shares the experiences of doctors facing complex medical mysteries in order to illustrate the art and science of diagnosis. Reprint. A New York Times extended-list bestseller.

Complications-Atul Gawande 2010-07-09 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

The Soul of a Doctor-Gordon Harper 2012-10-11 True stories of transitioning from medical school classrooms to the realities of the

hospital: “Moving, eloquent, and often unforgettable” (Atul Gawande, MD). After years of practice, doctors can sometimes seem aloof, uncaring, and hurried. What goes on in their minds? Were they always like that, or has their work changed them? And how do some physicians manage to retain their warmth and humanity over the course of a long career? This “thoughtful and illuminating” book takes us into the day-to-day lives of third-year medical students at an Ivy League school—just starting out in their profession and dealing with patients face-to-face for the first time (Publishers Weekly). In their own words, more than forty of them reveal what it’s really like to enter this field, having their principles of scientific rigor and idealism tested as they cope with real people and real crises in real time. This doctor’s-eye-view of the dramas—and occasional comedies—of the world of health care offers fascinating insights about clinical medicine and a behind-the-scenes look at a job that can range from repetitive routines to life-and-death decisions at any given moment. These stories “offer a unique vantage on illness, life, and struggle—capturing in vivid glimpses that crucial moment in a doctor’s life when one transitions from outsider to insider” (Atul Gawande, MD, New York Times-best-selling author of *Being Mortal*). “Thoughtful and illuminating.” —Publishers Weekly

The Best American Science Writing 2006-Atul Gawande 2006-09-05 Together these twenty-one articles on a wide range of today’s most leading topics in science, from Dennis Overbye, Jonathan Weiner, and Richard Preston, among others, represent the full spectrum of scientific inquiry, proving once again that “good science writing is evidently plentiful” (American Scientist).

The House of God-Samuel Shem 2010-09-07 By turns heartbreaking, hilarious, and utterly human, *The House of God* is a mesmerizing and provocative novel about Roy Basch and five of his fellow interns at the most renowned teaching hospital in the country. “The raunchy, troubling, and hilarious novel that turned into a cult phenomenon. Singularly compelling...brutally honest.”—The New York Times Struggling with grueling hours and sudden life-and-death responsibilities, Basch and his colleagues, under the leadership of their rule-breaking senior resident known only as the Fat Man, must learn not only how to be fine doctors but,

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eventually, good human beings. A phenomenon ever since it was published, *The House of God* was the first unvarnished, unglorified, and uncensored portrait of what training to become a doctor is truly like, in all its terror, exhaustion and black comedy. With more than two million copies sold worldwide, it has been hailed as one of the most important medical novels ever written. With an introduction by John Updike

The Real Doctor Will See You Shortly-Matt McCarthy 2015-04-07 In medical school, Matt McCarthy dreamed of being a different kind of doctor—the sort of mythical, unflappable physician who could reach unreachable patients. But when a new admission to the critical care unit almost died his first night on call, he found himself scrambling. Visions of mastery quickly gave way to hopes of simply surviving hospital life, where confidence was hard to come by and no amount of med school training could dispel the terror of facing actual patients. This funny, candid memoir of McCarthy's intern year at a New York hospital provides a scorchingly frank look at how doctors are made, taking readers into patients' rooms and doctors' conferences to witness a physician's journey from ineptitude to competence. McCarthy's one stroke of luck paired him with a brilliant second-year adviser he called "Baio" (owing to his resemblance to the Charles in Charge star), who proved to be a remarkable teacher with a wicked sense of humor. McCarthy would learn even more from the people he cared for, including a man named Benny, who was living in the hospital for months at a time awaiting a heart transplant. But no teacher could help McCarthy when an accident put his own health at risk, and showed him all too painfully the thin line between doctor and patient. *The Real Doctor Will See You Shortly* offers a window on to hospital life that dispenses with sanctimony and self-seriousness while emphasizing the black-comic paradox of becoming a doctor: How do you learn to save lives in a job where there is no practice? From the Hardcover edition.

When the Air Hits Your Brain: Tales from Neurosurgery-Frank Vertosick 2008-03-17 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.

Trauma—James Cole 2011-10-11 In this pulse-pounding medical memoir, trauma surgeon James Cole takes readers straight into the ER, where anything can and does happen. *TRAUMA* is Dr. Cole's harrowing account of his life spent in the ER and on the battlegrounds, fighting to save lives. In addition to his gripping stories of treating victims of gunshot wounds, stabbings, attempted suicides, flesh-eating bacteria, car crashes, industrial accidents, murder, and war, the book also covers the years during Cole's residency training when he was faced with 120-hour work weeks, excessive sleep deprivation, and the pressures of having to manage people dying of traumatic injury, often with little support. Unlike the authors of other medical memoirs, Cole trained to be a surgeon in the military and served as a physician member of a Marine Corps reconnaissance unit, United States Special Operations Command (USSOCOM), and on a Navy Reserve SEAL team. From treating war casualties in Afghanistan and Iraq to his experiences as a civilian trauma surgeon treating alcoholics, drug addicts, criminals, and the mentally deranged, *TRAUMA* is an intense look at one man's commitment to his country and to those most desperately in need of aid.

Hot Lights, Cold Steel—Dr. Michael J. Collins 2007-04-01 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.

Attending-Ronald Epstein 2017-01-24 With his “deeply informed and compassionate book...Dr. Epstein tells us that it is a ‘moral imperative’ [for doctors] to do right by their patients” (New York Journal of Books). The first book for the general public about the importance of mindfulness in medical practice, *Attending* is a groundbreaking, intimate exploration of how doctors approach their work with patients. From his early days as a Harvard Medical School student, Epstein saw what made good doctors great—more accurate diagnoses, fewer errors, and stronger connections with their patients. This made a lasting impression on him and set the stage for his life’s work—identifying the qualities and habits that distinguish master clinicians from those who are merely competent. The secret, he learned, was mindfulness. Dr. Epstein “shows how taking time to pay attention to patients can lead to better outcomes on both sides of the stethoscope” (Publishers Weekly). Drawing on his clinical experiences and current research, Dr. Epstein explores four foundations of mindfulness—Attention, Curiosity, Beginner’s Mind, and Presence—and shows how clinicians can grow their

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capacity to provide high-quality care. The commodification of health care has shifted doctors' focus away from the healing of patients to the bottom line. Clinician burnout is at an all-time high. Attending is the antidote. With compassion and intelligence, Epstein offers "a concise guide to his view of what mindfulness is, its value, and how it is a skill that anyone can work to acquire" (Library Journal).

Blue Collar, Blue Scrubs-Dr. Michael J. Collins 2010-05-25 It looked for a while like Michael Collins would spend his life breaking concrete and throwing rocks for the Vittorio Scalesi Construction Company. He liked the work and he liked the pay. But a chance remark by one of his coworkers made him realize that he wanted to involve himself in something bigger, something more meaningful than crushing rocks and drinking beer. In his acclaimed first memoir, *Hot Lights, Cold Steel*, Collins wrote passionately about his four-year surgical residency at the prestigious Mayo Clinic. *Blue Collar, Blue Scrubs* turns back the clock, taking readers from his days as a construction worker to his entry into medical school, expertly infusing his journey to become a doctor with humanity, compassion and humor. From the first time he delivers a baby to being surrounded by death and pain on a daily basis, Collins compellingly writes about how medicine makes him confront, in a very deep and personal way, the nature of God and suffering—and how delicate life can be.

The Case for Loving-Selina Alko 2015-01-27 A tribute to the brave example of the Loving family describes how they were arrested in mid-20th-century Virginia for violating laws against interracial marriage and argued their case all the way to the Supreme Court, prompting a landmark civil rights triumph.

The Doctor Stories-William Carlos Williams 1984 Gathers poems, a selection from the author's autobiography, and a dozen stories about doctors, patients, errors in judgement, and breakthroughs

Innovation with Information Technologies in Healthcare-Lyle Berkowitz 2012-11-13 This book provides an extensive review of what innovation means in healthcare, with real-life examples and guidance on how to successfully innovate with IT in healthcare.

Living Beyond Your Feelings-Joyce Meyer 2011-09-06 The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No wonder so many of us often

feel like we're controlled by our emotions. Our lives would be much improved if we controlled them. In *LIVING BEYOND YOUR FEELINGS*, Joyce Meyer examines the gamut of feelings that human beings experience. She discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - she explains how we can manage our reactions to those emotions. By doing that, she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives. In this book, Meyer blends the wisdom of the Bible with the latest psychological research and discusses: the 4 personality types and their influence on one's outlook, the impact of stress on physical and emotional health, the power of memories, the influence of words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

The Laws of Medicine-Siddhartha Mukherjee 2015-10-13 Essential, required reading for doctors and patients alike: A Pulitzer Prize-winning author and one of the world's premiere cancer researchers reveals an urgent philosophy on the little-known principles that govern medicine—and how understanding these principles can empower us all. Over a decade ago, when Siddhartha Mukherjee was a young, exhausted, and isolated medical resident, he discovered a book that would forever change the way he understood the medical profession. The book, *The Youngest Science*, forced Dr. Mukherjee to ask himself an urgent, fundamental question: Is medicine a “science”? Sciences must have laws—statements of truth based on repeated experiments that describe some universal attribute of nature. But does medicine have laws like other sciences? Dr. Mukherjee has spent his career pondering this question—a question that would ultimately produce some of most serious thinking he would do around the tenets of his discipline—culminating in *The Laws of Medicine*. In this important treatise, he investigates the most perplexing and illuminating cases of his career that ultimately led him to identify the three key principles that govern medicine. Brimming with fascinating historical details and modern medical wonders, this important book is a fascinating glimpse into the struggles and Eureka! moments that people outside of the medical profession rarely see. Written

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with Dr. Mukherjee's signature eloquence and passionate prose, *The Laws of Medicine* is a critical read, not just for those in the medical profession, but for everyone who is moved to better understand how their health and well-being is being treated. Ultimately, this book lays the groundwork for a new way of understanding medicine, now and into the future.

Dreaming in Chinese-Deborah Fallows 2011-09-13 A linguist and author shares what she discovered about Mandarin, China's most common language, while living in Shanghai and Beijing, and describes how it provided a window into her understanding of the romance, protocol, humor, and relationships within modern China.

Piano Lessons-Noah Adams 1997 The author describes his midlife decision to learn to play the piano, a lifelong dream that made him reevaluate his life achievements and that was bolstered by his admiration for accomplished pianists

Memory Lessons-Jerald Winakur 2009-01-01 The story of becoming a doctor, and being a son. Jerald Winakur is a doctor who cares for, and about, the elderly. Dedicated and compassionate, he's a surrogate son to many. And yet, all his years of service helping patients and their families adjust to the challenges of aging did not prepare him for becoming father to his own father, who had become as needy as any child. In *Memory Lessons*--a tender and provocative book--Dr. Winakur writes about what it's like to be medical counselor to countless patients, while disclosing his personal heartbreak at watching his 86-year-old father descend into disability and dementia, his mother at his side. In both of these roles--highly skilled professional and loving son--he finds he is hard pressed to alter a course that devastates his dad and tears at his family. But he does what he can. A doctor who does his best to listen carefully to each patient in turn, who attempts to confront every problem with, as he says, "a reasonable fund of knowledge, a modicum of common sense, and a large dose of honesty," Dr. Winakur knows that there is much we can do by loving and listening. We all search for answers; we all want to do the right thing for our parents, but few of us know what that right thing is. Faced with caring for a growing sea of elders, Dr. Winakur reflects on his thirty years in the medical profession to consider the very personal and immediate questions asked by families every day: What are we going to do with Dad?

Who will care for him--and how? These are urgent questions, and they're faced head-on in *Memory Lessons* with unflinching honesty, hope, and, above all, love.

One Giant Leap—Charles Fishman 2020-09-22 The New York Times bestselling, “meticulously researched and absorbingly written” (The Washington Post) story of the trailblazers and the ordinary Americans on the front lines of the epic Apollo 11 moon mission. President John F. Kennedy astonished the world on May 25, 1961, when he announced to Congress that the United States should land a man on the Moon by 1970. No group was more surprised than the scientists and engineers at NASA, who suddenly had less than a decade to invent space travel. When Kennedy announced that goal, no one knew how to navigate to the Moon. No one knew how to build a rocket big enough to reach the Moon, or how to build a computer small enough (and powerful enough) to fly a spaceship there. No one knew what the surface of the Moon was like, or what astronauts could eat as they flew there. On the day of Kennedy’s historic speech, America had a total of fifteen minutes of spaceflight experience—with just five of those minutes outside the atmosphere. Russian dogs had more time in space than US astronauts. Over the next decade, more than 400,000 scientists, engineers, and factory workers would send twenty-four astronauts to the Moon. Each hour of space flight would require one million hours of work back on Earth to get America to the Moon on July 20, 1969. “A veteran space reporter with a vibrant touch—nearly every sentence has a fact, an insight, a colorful quote or part of a piquant anecdote” (The Wall Street Journal) and in *One Giant Leap*, Fishman has written the sweeping, definitive behind-the-scenes account of the furious race to complete one of mankind’s greatest achievements. It’s a story filled with surprises—from the item the astronauts almost forgot to take with them (the American flag), to the extraordinary impact Apollo would have back on Earth, and on the way we live today. From the research labs of MIT, where the eccentric and legendary pioneer Charles Draper created the tools to fly the Apollo spaceships, to the factories where dozens of women sewed spacesuits, parachutes, and even computer hardware by hand, Fishman captures the exceptional feats of these ordinary Americans. “It’s been 50 years since Neil Armstrong took that one

small step. Fishman explains in dazzling form just how unbelievable it actually was” (Newsweek).

How We Do Harm-Otis Webb Brawley, MD 2012-01-31 How We Do Harm exposes the underbelly of healthcare today—the overtreatment of the rich, the under treatment of the poor, the financial conflicts of interest that determine the care that physicians' provide, insurance companies that don't demand the best (or even the least expensive) care, and pharmaceutical companies concerned with selling drugs, regardless of whether they improve health or do harm. Dr. Otis Brawley is the chief medical and scientific officer of The American Cancer Society, an oncologist with a dazzling clinical, research, and policy career. How We Do Harm pulls back the curtain on how medicine is really practiced in America. Brawley tells of doctors who select treatment based on payment they will receive, rather than on demonstrated scientific results; hospitals and pharmaceutical companies that seek out patients to treat even if they are not actually ill (but as long as their insurance will pay); a public primed to swallow the latest pill, no matter the cost; and rising healthcare costs for unnecessary—and often unproven—treatments that we all pay for. Brawley calls for rational healthcare, healthcare drawn from results-based, scientifically justifiable treatments, and not just the peddling of hot new drugs. Brawley's personal history - from a childhood in the gang-ridden streets of black Detroit, to the green hallways of Grady Memorial Hospital, the largest public hospital in the U.S., to the boardrooms of The American Cancer Society—results in a passionate view of medicine and the politics of illness in America - and a deep understanding of healthcare today. How We Do Harm is his well-reasoned manifesto for change.

The Health Care Handbook-Elisabeth Askin 2012 The American health care system is vast, complex and confusing. Books about it shouldn't be. This book is your one-stop guide to the people, organizations and industries that make up the U.S. health care system and the major issues the system faces today. The book is the work of two medical students at Washington University, Elisabeth Askin and Nathan Moore. When Elisabeth and Nathan worked to educate themselves about the American health care system they couldn't find a source that was comprehensive, understandable and

non-biased - so they decided to write it themselves. It's rigorously researched and scrupulously unbiased yet written in a conversational and humorous tone that's a pleasure to read and illuminates the convoluted health care system and its many components. The book is essential reading for health professionals, health professions students, and anyone who interacts with the U.S. health care system.

Everything I Learned in Medical School-Sujay Kansagra 2011-01-01
Delivering a baby, sleep deprivation, giving bad news, dissecting bodies, seeing death—the journey of becoming an MD is not an easy one. Join the author as he takes you through his four years at Duke Medical School. Through this book, he explores the world of medicine through fresh eyes and shares the serious, the stressful, the entertaining, the unbelievable, the struggles, the sick, the unexplainable, and the stories that taught him everything he learned in medical school (besides all the book stuff, of course).

The Sharing Knife Volume Two-Lois McMaster Bujold 2009-10-13 “A saga of daring deeds and unlikely romance.” —Library Journal One of the most respected writers in the field of speculative fiction, Lois McMaster Bujold has won numerous accolades and awards, including the Nebula and Locus Awards as well as the fantasy and science fiction genre’s most prestigious honor, the Hugo Award for Best Novel, four times (most recently for *Paladin of Souls*). With *The Sharing Knife* series, Bujold creates a brand new world fraught with peril, and spins an extraordinary romance between a young farm girl and the brave sorcerer-soldier entrusted with the defense of the land against a plague of vicious malevolent beings. *Legacy* continues the tale of Fawn Bluefield and Dag Redwing Hickory—the dangerous repercussions of their rebellious marriage and the strengthening of their love in the face of dark magic—as duty and disaster call the Lakewalker patroller away from his new bride and toward a peril that could forever alter the lovers and their world. *Less Medicine, More Health*-Dr. H. Gilbert Welch 2015-03-03 The author of the highly acclaimed *Overdiagnosed* describes seven widespread assumptions that encourage excessive, often ineffective, and sometimes harmful medical care. You might think the biggest problem in medical care is that it costs too much. Or that health insurance is too expensive, too uneven, too complicated—and gives

you too many forms to fill out. But the central problem is that too much medical care has too little value. Dr. H. Gilbert Welch is worried about too much medical care. It's not to deny that some people get too little medical care, rather that the conventional concern about "too little" needs to be balanced with a concern about "too much": too many people being made to worry about diseases they don't have—and are at only average risk to get; too many people being tested and exposed to the harmful effects of the testing process; too many people being subjected to treatments they don't need—or can't benefit from. The American public has been sold the idea that seeking medical care is one of the most important steps to maintain wellness. Surprisingly, medical care is not, in fact, well correlated with good health. So more medicine does not equal more health; in reality the opposite may be true. The general public harbors assumptions about medical care that encourage overuse, assumptions like it's always better to fix the problem, sooner (or newer) is always better, or it never hurts to get more information. *Less Medicine, More Health* pushes against established wisdom and suggests that medical care can be too aggressive. Drawing on his twenty-five years of medical practice and research, Dr. Welch notes that while economics and lawyers contribute to the excesses of American medicine, the problem is essentially created when the general public clings to these powerful assumptions about the value of tests and treatments—a number of which are just plain wrong. By telling fascinating (and occasionally amusing) stories backed by reliable data, Dr. Welch challenges patients and the health-care establishment to rethink some very fundamental practices. His provocative prescriptions hold the potential to save money and, more important, improve health outcomes for us all.

Tiny Sunbirds, Far Away-Christie Watson 2011-05-10 Winner of the 2011 Costa First Novel Award When their mother catches their father with another woman, twelve year-old Blessing and her fourteen-year-old brother, Ezikiel, are forced to leave their comfortable home in Lagos for a village in the Niger Delta, to live with their mother's family. Without running water or electricity, Warri is at first a nightmare for Blessing. Her mother is gone all day and works suspiciously late into the night to pay the children's school fees. Her brother, once a promising student, seems to be

falling increasingly under the influence of the local group of violent teenage boys calling themselves Freedom Fighters. Her grandfather, a kind if misguided man, is trying on Islam as his new religion of choice, and is even considering the possibility of bringing in a second wife. But Blessing's grandmother, wise and practical, soon becomes a beloved mentor, teaching Blessing the ways of the midwife in rural Nigeria. Blessing is exposed to the horrors of genital mutilation and the devastation wrought on the environment by British and American oil companies. As Warri comes to feel like home, Blessing becomes increasingly aware of the threats to its safety, both from its unshakable but dangerous traditions and the relentless carelessness of the modern world. *Tiny Sunbirds, Far Away* is the witty and beautifully written story of one family's attempt to survive a new life they could never have imagined, struggling to find a deeper sense of identity along the way.

Patient H.M.-Luke Dittrich 2016-08-09 "Oliver Sacks meets Stephen King"* in this propulsive, haunting journey into the life of the most studied human research subject of all time, the amnesic known as Patient H.M. For readers of *The Immortal Life of Henrietta Lacks* comes a story that has much to teach us about our relentless pursuit of knowledge. Winner of the PEN/E.O. Wilson Literary Science Writing Award • Los Angeles Times Book Prize Winner NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • New York Post • NPR • The Economist • New York • Wired • Kirkus Reviews • BookPage In 1953, a twenty-seven-year-old factory worker named Henry Molaison—who suffered from severe epilepsy—received a radical new version of the then-common lobotomy, targeting the most mysterious structures in the brain. The operation failed to eliminate Henry's seizures, but it did have an unintended effect: Henry was left profoundly amnesic, unable to create long-term memories. Over the next sixty years, Patient H.M., as Henry was known, became the most studied individual in the history of neuroscience, a human guinea pig who would teach us much of what we know about memory today. Patient H.M. is, at times, a deeply personal journey. Dittrich's grandfather was the brilliant, morally complex surgeon who operated on Molaison—and thousands of other patients. The author's investigation into the dark roots of modern memory science ultimately forces him to confront

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unsettling secrets in his own family history, and to reveal the tragedy that fueled his grandfather's relentless experimentation—experimentation that would revolutionize our understanding of ourselves. Dittrich uses the case of Patient H.M. as a starting point for a kaleidoscopic journey, one that moves from the first recorded brain surgeries in ancient Egypt to the cutting-edge laboratories of MIT. He takes readers inside the old asylums and operating theaters where psychosurgeons, as they called themselves, conducted their human experiments, and behind the scenes of a bitter custody battle over the ownership of the most important brain in the world. Patient H.M. combines the best of biography, memoir, and science journalism to create a haunting, endlessly fascinating story, one that reveals the wondrous and devastating things that can happen when hubris, ambition, and human imperfection collide. Praise for Patient H.M. “An exciting, artful blend of family and medical history.”—The New York Times “In prose both elegant and intimate, and often thrilling, Patient H.M. is an important book about the wages not of sin but of science.”—The Washington Post “Spellbinding . . . The fact that Dittrich looks critically at the actual process of scientific investigation is just one of the things to admire about Patient H.M.”—The New York Times Book Review “Patient H.M. tells one of the most fascinating and disturbing stories in the annals of medicine, weaving in ethics, philosophy, a personal saga, the history of neurosurgery, the mysteries of human memory, and an exploration of human ego.”—Sheri Fink, M.D., Pulitzer Prize winner and author of Five Days at Memorial “This is classic reporting and myth-making at the same time.”—Colum McCann, author of Let the Great World Spin *Kirkus Reviews (starred review) The Art of Dying Well-Katy Butler 2020-02-11 This “comforting...thoughtful” (The Washington Post) guide to maintaining a high quality of life—from resilient old age to the first inklings of a serious illness to the final breath—by the New York Times bestselling author of Knocking on Heaven’s Door is a “roadmap to the end that combines medical, practical, and spiritual guidance” (The Boston Globe). “A common sense path to define what a ‘good’ death looks like” (USA TODAY), The Art of Dying Well is about living as well as possible for as long as possible and

adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own “good death” more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your remaining time, be it decades, years, or months. Based on Butler’s experience caring for aging parents, and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good deaths, *The Art of Dying Well* also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This “empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear” (Shelf Awareness).

Final Exam—Pauline W. Chen 2008 In a series of reflections on the world of modern medicine, a young doctor describes how physicians must deal with the inescapable reality of death, the risks and rewards of emotional involvement, patients' expectations concerning their doctors, and her personal experiences throughout her education, residency, and practice with mortality. Reprint. 75,000 first printing.

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