



Coping in Medical School

By Bernard Virshup

W. W. Norton & Company. Paperback. Condition: New. 144 pages. Dimensions: 9.2in. x 6.1in. x 0.5in. Your analysis of attitudes in teaching is a bright gem, sharply and beautifully cut. I doubt that I have seen anything on the subject so concisely and so cogently put. Norman Cousins In this book, Dr. Virshup, in a calming and reassuring voice, teaches the reader the psychological coping skills needed to deal successfully with medical school. There are chapters on a broad variety of topics including building a caring support network; maintaining a sense of individuation and identity; dealing with guilt, anger, and depression; and making full use of intuition and creativity. Above all, this is a practical book, for almost every chapter contains psychological exercises that allow the reader to put the insights Dr. Virshup offers into practice immediately. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



DOWNLOAD PDF



READ ONLINE
[5.71 MB]

Reviews

This kind of publication is almost everything and taught me to seeking ahead and a lot more. I really could comprehend almost everything out of this created e publication. I am effortlessly can get a pleasure of reading through a created ebook.

-- **Keon Lowe**

This book is indeed gripping and interesting. It really is rally exciting through studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

-- **Aisha Lemke**