



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

By Spiegel, M.d., Jeremy; Siegel, M.d., Bernie (foreword).

Dartmouth College Press, Hanover, 2009. Softcover. Condition: New. First Edition.. 168 pages. Softcover. New book. MEDICINE. The essential primer on surviving the rigors of medical school—and thriving there—through the application of self-knowledge, self-care, and self-control. Four years in medical school are not only demanding and competitive in a strictly academic sense, but they may bring students face-to-face with perfectionism, anxiety, obsessions, power plays, difficult patients, ethical dilemmas, identity crises, sleep deprivation, financial strain, and—perhaps for the first time in their lives—confrontations with disease, suffering, and death. *The Mindful Medical Student* will broaden readers' perspectives and cultivate their ability to respond to the extreme emotional, psychological, and spiritual challenges posed by medical school and, eventually, a medical career. Jeremy Spiegel, MD, tackled these issues head on, prevailed, and became a first-rate psychiatrist. Now, in a vital book, he shares what he has learned. "The Mindful Medical Student should be required reading for everyone in medical school. More than that, it should be a required course!"—Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom* "This book can be a valuable resource for any medical student in navigating the sometimes tortuous waters of training in ways...



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