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TSLQUF - MAXIMO NOVAK

The Heinemann Plays series offers contemporary drama and classic plays in durable classroom editions. Many have large casts and an equal mix of boy and girl parts. This play is a dramatization of Daniel Keyes's story about a retarded adult who desperately wants to be able to read and write.

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 profound-

ly impact our health. This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. How Doctors Think offers direct, intelligent questions patients can ask their doctors to help them get back on track. Groopman draws on a wealth of research, extensive interviews with some of the country's best doctors, and his own experiences as a doctor and as a patient. He has learned many of the lessons in this book the hard way, from his own mistakes and from errors his doctors made in treating his own debilitating medical problems. How Doctors Think reveals a profound new view of twenty-first-century medical practice, giving doctors and patients the vital information they need to make better judgments together.

The 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

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to

fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Examining everything from the influence of money on modern medicine to the contentious history of hand washing, this book provides a rare insight into what it takes to go from good to better

A riveting first-hand account of a physician who's suddenly a dying patient, *In Shock* "searches for a glimmer of hope in life's darkest moments, and finds it." —The Washington Post Dr. Rana Awdish never imagined that an emergency trip to the hospital would result in hemorrhaging nearly all of her blood volume and losing her unborn first child. But after her first visit, Dr. Awdish spent months fighting for her life, enduring consecutive major surgeries and experiencing multiple overlapping organ failures. At each step of the recovery process, Awdish was faced with something even more unexpected: repeated cavalier behavior from her fellow physicians—indifference following human loss, disregard for anguish and suffering, and an exacting emotional distance. Hauntingly perceptive and beautifully written, *In Shock* allows the reader to transform alongside Awdish and watch what she discovers in our carefully-cultivated, yet often misguided, standard of care. Awdish comes to understand the fatal flaws in her profession and in her own past actions as a physician while achieving, through unflinching presence, a crystalline vision of a new and better possibil-

ity for us all. As Dr. Awdish finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave road map for anyone navigating illness while presenting physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient.

Learn how to make better; faster decisions. You make decisions every day--from prioritizing your to-do list to choosing which long-term innovation projects to pursue. But most decisions don't have a clear-cut answer, and assessing the alternatives and the risks involved can be overwhelming. You need a smarter approach to making the best choice possible. The HBR Guide to Making Better Decisions provides practical tips and advice to help you generate more-creative ideas, evaluate your alternatives fairly, and make the final call with confidence. You'll learn how to: Overcome the cognitive biases that can skew your thinking Look at problems in new ways Manage the trade-offs between options Balance data with your own judgment React appropriately when you've made a bad choice Communicate your decision--and overcome any resistance Arm yourself with the advice you need to succeed on the job, from a source you trust. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

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.

Burnout is common among doctors in the West, so one might assume that a medical career in Malawi, one of the poorest countries in the world, would place far greater strain on the idealism that drives many doctors. But, as *A Heart for the Work* makes clear, Malawian medical students learn to confront poverty creatively, experiencing fatigue and frustration but also joy and commitment on their way to becoming physicians. The first ethnography of medical training in the global South, Claire L. Wendland's book is a moving and perceptive look at medicine in a world where the transnational movement of people and ideas creates both devastation and possibility. Wendland, a physician anthropologist, conducted extensive interviews and worked in wards, clinics, and operating theaters alongside the student doc-

tors whose stories she relates. From the relative calm of Malawi's College of Medicine to the turbulence of training at hospitals with gravely ill patients and dramatically inadequate supplies, staff, and technology, Wendland's work reveals the way these young doctors engage the contradictions of their circumstances, shedding new light on debates about the effects of medical training, the impact of traditional healing, and the purposes of medicine.

In his second collection, including the iconic and much-referenced title story featured in the Academy Award-winning film *Birdman*, Carver establishes his reputation as one of the most celebrated short-story writers in American literature—a haunting meditation on love, loss, and companionship, and finding one's way through the dark.

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

An authoritative and relevant guide that provides practical advice for how to avoid and recover from burnout and embark on the pathway to thriving. Trapped. Stuck. Helpless. These are the words that people experiencing burnout use to describe their lives, but they don't have to. The words used after extinguishing burnout are hopeful, thriving, flourishing, and powerful. Nearly everyone has experienced burnout. Some have escaped burnout's grips, but at what cost, and after how long? When we find ourselves succumbing to the pressures of today that move us towards burnout, we need a clear path to get out and avoid it in the future. That's what Rob and Terri Bogue have put together - a clear path out of burnout. In the book, you'll learn: -

What causes burnout and how to escape
 - How to more realistically value the results you're getting
 - When to ask for and receive more support
 - What four simple physical self-care activities reduce burnout
 - How to change your self-talk for the better
 - What to do to manage your demands so you're not so exhausted
 - How to better recognize your personal value
 - How to integrate your self-image and reduce your stress
 - How to identify and eliminate barriers to your efficacy
 - How to build resilience against setbacks
 - Why hope is essential
 - Why failure isn't final
 - How to be detached without being disengaged
 Rob and Terri convert abstract concepts into tangible activities that you can do to escape burnout. They convert nearly incomprehensible research into practical steps anyone can take. Intentionally short chapters can be read in only a few minutes, so you don't have to commit to a long book or chapter to start feeling better. "If you need to read one book about well-being, this is absolutely it." - Sharlyn Lauby, Author of *HR Bartender*

Always study with the most up-to-date prep! Look for Dr. Pestana's *Surgery Notes*, ISBN 9781506276427, on sale October 5, 2021. Publisher's Note: Products purchased from third-party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitles included with the product.

Operative Dictations in General and Vascular Surgery, Second Edition is intended to teach residents the principles of succinct and precise operative dictations for a wide spectrum of surgical procedures. Designed as a portable resource, the book provides typical dictations to guide the resident. Comprised of 226 procedures, this new edition comprises the majority of procedures commonly per-

formed by general and vascular surgeons. For each procedure, a list of common indications is given. This list covers 95% of the situations in which a particular procedure will be used. A list of essential steps follows. These can be used to mentally rehearse the procedure before it is performed. The next heading, Note these technical variations, introduces a list that is intended to prompt the surgeon for particular things to note and dictate within the template. A list of possible complications that are typically associated with that particular surgical procedure follows. Finally, a template operative dictation is provided. Common opening and terminating sequences (for example, how to enter and close the abdomen) in all laparotomy dictations are included. The volume has two primary objectives. First, it is designed to serve as a source of model operative dictations that may be individualized and used as templates. Second, it is intended as an aide-memoir, giving the surgeon a short list of pertinent information about each procedure. Ample space is provided to allow each surgeon to add notes. By reviewing this introductory material before scrubbing on a procedure, the trainee surgeon will enter the operating room better prepared to participate actively and to learn as much as possible. At the end of training, this book, with the notes accumulated by the resident, will serve as an invaluable review resource analogous to the individualized notebooks many surgeons keep. *Operative Dictations in General and Vascular Surgery, Second Edition* is intended for practicing surgeons, who may modify each template to reflect their own individual practice. It also serves as a concise reminder of essential steps in those operations that may be only rarely performed.

The OR Survival Guide From aseptic tech-

nique to effective communication and everything in between, here's the on-the-spot guidance you need to succeed in the OR in a pocket-sized, quick reference format. Consult it at the start of your day or between cases to jog your memory and build your confidence. Refresh your knowledge of the essentials of aseptic technique, surgical conscience, anatomy, basic set-up, instruments, and sutures. Be ready for challenging situations with tips for communicating effectively in the OR. Anticipate need and attune your critical thinking to be able to set up your back table and mayo stand quickly and efficiently, count effectively, and communicate well with your team. A Must Have in the OR "This little book is amazing. I've only had it a week and I absolutely love it. It has great tips and pointers that I've referred to many times throughout my day in the OR as a new nurse. The anatomy, prep and suture pages are my favorite-there is so much information on everything. Anything you write down with [a] pen is erasable as well. I've showed my coworkers and many are going to buy it, even the seasoned nurses."—Kathaleen, Online Reviewer I absolutely love it. It very helpful and i love how... "I'm a CST and this is the pocket book to have on you at all times!!!! I absolutely love it. It very helpful and i love how it breaks it down. So easy to understand."—Stefany, Online Reviewer Perfect! "Covers the basics. A must for a surgical technologist."—Online Reviewer

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific

discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

#1 New York Times Bestseller In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of

medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs. Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end. "Focusing on the content that students need to know for effective practice, this text offers engaging, evidence-based coverage of the aging process, factors contributing to healthy aging, and unique aspects of disease presentation and management in older adults. Updated to help students meet the challenges of this increasingly diverse population, the ninth edition retains its acclaimed holistic approach through insightful coverage of the psychological, legal, ethical, and spiritual elements of patient care."—Page 4 de la couverture.

From a New York Times bestselling author comes the gripping, untold history of science's darkest secrets, "a fascinating book [that] deserves a wide audience" (Publishers Weekly, starred review). Science is a force for good in the world—at least usually. But sometimes,

when obsession gets the better of scientists, they twist a noble pursuit into something sinister. Under this spell, knowledge isn't everything, it's the only thing—no matter the cost. Bestselling author Sam Kean tells the true story of what happens when unfettered ambition pushes otherwise rational men and women to cross the line in the name of science, trampling ethical boundaries and often committing crimes in the process. *The Icepick Surgeon* masterfully guides the reader across two thousand years of history, beginning with Cleopatra's dark deeds in ancient Egypt. The book reveals the origins of much of modern science in the transatlantic slave trade of the 1700s, as well as Thomas Edison's mercenary support of the electric chair and the warped logic of the spies who infiltrated the Manhattan Project. But the sins of science aren't all safely buried in the past. Many of them, Kean reminds us, still affect us today. We can draw direct lines from the medical abuses of Tuskegee and Nazi Germany to current vaccine hesitancy, and connect icepick lobotomies from the 1950s to the contemporary failings of mental-health care. Kean even takes us into the future, when advanced computers and genetic engineering could unleash whole new ways to do one another wrong. Unflinching, and exhilarating to the last page, *The Icepick Surgeon* fuses the drama of scientific discovery with the illicit thrill of a true-crime tale. With his trademark wit and precision, Kean shows that, while science has done more good than harm in the world, rogue scientists do exist, and when we sacrifice morals for progress, we often end up with neither. 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 eru-

dition 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.

Bailey & Love's *Short Practice of Surgery* remains one of the world's pre-eminent medical textbooks, beloved by generations of surgeons, with lifetime sales in excess of one million copies. Now in its 25th edition, the content has been thoroughly revised and updated while retaining its traditional strengths. Under the stewardship of the eminent editorial team, comprising two editors with experience gained over previous editions and a third editor new to this edition, and in re-

response to reader feedback, the content has been sub-divided into parts to ensure a logical sequence and grouping of related chapters throughout while the text features enthusiastically received in the last edition have been retained. The new edition opens with sections devoted to the underlying principles of surgical practice, investigation and diagnosis, and pre-operative care. These are followed by chapters covering all aspects of surgical trauma. The remainder of the book considers each of the surgical specialties in turn, from elective orthopaedics through skin, head and neck, breast and endocrine, cardiothoracic and vascular, to abdominal and genitourinary. Key features: Authoritative: emphasises the importance of effective clinical examination and soundly based surgical principles, while taking into account the latest developments in surgical practice. Updated: incorporates new chapters on a wide variety of topics including metabolic response to injury, shock and blood transfusion, and surgery in the tropics. Easy to navigate: related chapters brought together into clearly differentiated sections for the first time. Readable: preserves the clear, direct writing style, uncluttered by technical jargon, that has proved so popular in previous editions. User-friendly: numerous photographs and explanatory line diagrams, learning objectives, summary boxes, biographical footnotes, memorable anecdotes and full-colour presentation supplement and enhance the text throughout. Bailey and Love has a wide appeal to all those studying surgery, from undergraduate medical students to those in preparation for their postgraduate surgical examinations. In addition, its high standing and reputation for unambiguous advice also make it the first point of reference for many practising

surgeons. The changes that have been introduced to the 25th edition will only serve to strengthen support for the text among all these groups.

The fifth omnibus edition of the classic science fiction of A. Bertram Chandler's John Grimes books and stories in this renowned SF space-faring saga. Contains "Into the Alternate Universe," "Contraband from Otherspace," "The Rim Gods" (1969)--a story collection, "The Commodore at Sea" (a.k.a. "Alternate Orbits," 1971)--four novellas. Pipe-smoking, action-loving spaceship commander Lieutenant John Grimes (think Captain Kirk with more of a navy, salty attitude) moves out of the Federation navy and finds his true calling adventuring along the spaceways of the galactic rim. Number five in the collected adventures of the legendary John Grimes of the Galactic Rim series, including four novels: "Into the Alternate Universe" (1964) "Contraband from Otherspace" (1967) "The Rim Gods" (1969)--story collection "The Commodore at Sea" (a.k.a. "Alternate Orbits," 1971)--four novelets About A. Bertram Chandler and the John Grimes series: "SF's answer to Horatio Hornblower." --"Publishers Weekly ""As Asimov chronicled the Foundation, as Heinlein built his Future History, so Chandler constructs the epic of the Rim Worlds." --"Analog "" Grimes] establishes a loyalty in his readers rather similar to that felt by readers of Hornblower. Indeed Chandler's] space operas are among the most likeable and well constructed in the genre. . . ." --"The Encyclopedia of Science Fiction "

Awarded the Padma Shri, the Padma Bhushan and the OBE, Dr Tehemton Erach Udwardia is widely regarded as the father of laparoscopy in India. From 1951 as a medical student to the present day, he has not only witnessed first-hand the

avalanche of surgical progress, but has also seen lives saved as a result of these advances, be it a disposable plastic syringe or a liver transplant. In this, his memoirs, he painstakingly maps his journey from his student years through residency, research, surgical practice and surgical teaching with a view to sharing the lessons he has learnt. And what they can teach you. *More Than Just Surgery* is a warm personal account of people, incidents, mentors, failures and absurdities against the backdrop of surgery. It is also an engrossing historical account through the eyes and hands of someone who has lived through the journey.

Marion and Shiva Stone are twin brothers born of a secret union between a beautiful Indian nun and a brash British surgeon. Orphaned by their mother's death and their father's disappearance and bound together by a preternatural connection and a shared fascination with medicine, the twins come of age as Ethiopia hovers on the brink of revolution. Moving from Addis Ababa to New York City and back again, *Cutting for Stone* is an unforgettable story of love and betrayal, medicine and ordinary miracles—and two brothers whose fates are forever intertwined.

A riveting exploration of the most difficult and important part of what doctors do, by Yale School of Medicine physician Dr. Lisa Sanders, author of the monthly *New York Times Magazine* column "Diagnosis," the inspiration for the hit Fox TV series *House, M.D.* "The experience of being ill can be like waking up in a foreign country. Life, as you formerly knew it, is on hold while you travel through this other world as unknown as it is unexpected. When I see patients in the hospital or in my office who are suddenly, surprisingly ill, what they really

want to know is, 'What is wrong with me?' They want a road map that will help them manage their new surroundings. The ability to give this unnerving and unfamiliar place a name, to know it—on some level—restores a measure of control, independent of whether or not that diagnosis comes attached to a cure. Because, even today, a diagnosis is frequently all a good doctor has to offer." A healthy young man suddenly loses his memory—making him unable to remember the events of each passing hour. Two patients diagnosed with Lyme disease improve after antibiotic treatment—only to have their symptoms mysteriously return. A young woman lies dying in the ICU—bleeding, jaundiced, incoherent—and none of her doctors know what is killing her. In *Every Patient Tells a Story*, Dr. Lisa Sanders takes us bedside to witness the process of solving these and other diagnostic dilemmas, providing a firsthand account of the expertise and intuition that lead a doctor to make the right diagnosis. Never in human history have doctors had the knowledge, the tools, and the skills that they have today to diagnose illness and disease. And yet mistakes are made, diagnoses missed, symptoms or tests misunderstood. In this high-tech world of modern medicine, Sanders shows us that knowledge, while essential, is not sufficient to unravel the complexities of illness. She presents an unflinching look inside the detective story that marks nearly every illness—the diagnosis—revealing the combination of uncertainty and intrigue that doctors face when confronting patients who are sick or dying. Through dramatic stories of patients with baffling symptoms, Sanders portrays the absolute necessity and surprising difficulties of getting the patient's story, the challenges of the physical exam, the pitfalls of doctor-to-doctor

communication, the vagaries of tests, and the near calamity of diagnostic errors. In *Every Patient Tells a Story*, Dr. Sanders chronicles the real-life drama of doctors solving these difficult medical mysteries that not only illustrate the art and science of diagnosis, but often save the patients' lives.

Antifragile is a standalone book in Nassim Nicholas Taleb's landmark *Incerto* series, an investigation of opacity, luck, uncertainty, probability, human error, risk, and decision-making in a world we don't understand. The other books in the series are *Fooled by Randomness*, *The Black Swan*, *Skin in the Game*, and *The Bed of Procrustes*. Nassim Nicholas Taleb, the bestselling author of *The Black Swan* and one of the foremost thinkers of our time, reveals how to thrive in an uncertain world. Just as human bones get stronger when subjected to stress and tension, and rumors or riots intensify when someone tries to repress them, many things in life benefit from stress, disorder, volatility, and turmoil. What Taleb has identified and calls "antifragile" is that category of things that not only gain from chaos but need it in order to survive and flourish. In *The Black Swan*, Taleb showed us that highly improbable and unpredictable events underlie almost everything about our world. In *Antifragile*, Taleb stands uncertainty on its head, making it desirable, even necessary, and proposes that things be built in an antifragile manner. The antifragile is beyond the resilient or robust. The resilient resists shocks and stays the same; the antifragile gets better and better. Furthermore, the antifragile is immune to prediction errors and protected from adverse events. Why is the city-state better than the nation-state, why is debt bad for you, and why is what we call "efficient" not efficient at

all? Why do government responses and social policies protect the strong and hurt the weak? Why should you write your resignation letter before even starting on the job? How did the sinking of the Titanic save lives? The book spans innovation by trial and error, life decisions, politics, urban planning, war, personal finance, economic systems, and medicine. And throughout, in addition to the street wisdom of Fat Tony of Brooklyn, the voices and recipes of ancient wisdom, from Roman, Greek, Semitic, and medieval sources, are loud and clear. *Antifragile* is a blueprint for living in a Black Swan world. Erudite, witty, and iconoclastic, Taleb's message is revolutionary: The antifragile, and only the antifragile, will make it. Praise for *Antifragile* "Ambitious and thought-provoking . . . highly entertaining."—*The Economist* "A bold book explaining how and why we should embrace uncertainty, randomness, and error . . . It may just change our lives."—*Newsweek*

Discusses how to avoid harmful medical mistakes, offering advice on such topics as working with a busy doctor, communicating the full story of an illness, evaluating test risks, and obtaining a working diagnosis.

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *The New York Times Book Review* • *People* • *NPR* • *The Washington Post* • *Slate* • *Harper's Bazaar* • *Time Out New York* • *Publishers Weekly* • *BookPage* Finalist for the PEN Center USA Literary Award in Creative

Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

NEW YORK TIMES BESTSELLER • "Alternatingly heart-pounding and heartbreak-

ing. This collaboration between two best-selling authors seamlessly weaves together Olivia and Lily's journeys, creating a provocative exploration of the strength that love and acceptance require."—The Washington Post GOOD MORNING AMERICA BOOK CLUB PICK • PEOPLE'S BOOK OF THE WEEK ONE OF THE BEST BOOKS OF THE YEAR: PopSugar Olivia McAfee knows what it feels like to start over. Her picture-perfect life—living in Boston, married to a brilliant cardiothoracic surgeon, raising their beautiful son, Asher—was upended when her husband revealed a darker side. She never imagined that she would end up back in her sleepy New Hampshire hometown, living in the house she grew up in and taking over her father's beekeeping business. Lily Campanello is familiar with do-overs, too. When she and her mom relocate to Adams, New Hampshire, for her final year of high school, they both hope it will be a fresh start. And for just a short while, these new beginnings are exactly what Olivia and Lily need. Their paths cross when Asher falls for the new girl in school, and Lily can't help but fall for him, too. With Ash, she feels happy for the first time. Yet at times, she wonders if she can trust him completely. . . . Then one day, Olivia receives a phone call: Lily is dead, and Asher is being questioned by the police. Olivia is adamant that her son is innocent. But she would be lying if she didn't acknowledge the flashes of his father's temper in Ash, and as the case against him unfolds, she realizes he's hidden more than he's shared with her. *Mad Honey* is a riveting novel of suspense, an unforgettable love story, and a moving and powerful exploration of the secrets we keep and the risks we take in order to become ourselves.

A photo-filled history of the world-renowned medical center, based on the

award-winning PBS documentary by Ken Burns, Erik Ewers, and Christopher Loren Ewers. On September 30, 1889, W.W. Mayo and his sons Will and Charlie performed the very first operation at a brand-new Catholic hospital in Rochester, Minnesota. It was called Saint Mary's. The hospital was born out of the devastation of a tornado that had struck the town six years earlier, after which Mother Alfred Moes of the Sisters of Saint Francis told the Mayos that she had a vision of building a hospital that would "become world renowned for its medical arts." Based on the film by acclaimed documentary filmmaker Ken Burns, *The Mayo Clinic: Faith, Hope, Science* chronicles the history of this unique organization, from its roots as an unlikely partnership between a country doctor and a Franciscan order of nuns to its position today as a worldwide model for patient care, research, and education. Featuring more than 400 compelling archival and modern images, as well as the complete script from the film, the book demonstrates how the institution's remarkable history continues to inspire the way medicine is practiced there today. In addition, case studies reveal patients, doctors, and nurses in their most private moments as together they face difficult diagnoses and embark on uncertain treatments. The film and this companion book tell the story of an organization that has managed to stay true to its primary value: The needs of the patient come first. Together they make an important contribution to the critical discussions about the delivery of health care today in America—and the world.

The masterpiece of the German experience during World War I, considered by many the greatest war novel of all time—with an Oscar-nominated film adaptation now streaming on Netflix.

"[Erich Maria Remarque] is a craftsman of unquestionably first rank."—The New York Times Book Review *I am young, I am twenty years old; yet I know nothing of life but despair, death, fear, and fatuous superficiality cast over an abyss of sorrow. . . . This is the testament of Paul Bäumer, who enlists with his classmates in the German army during World War I. They become soldiers with youthful enthusiasm. But the world of duty, culture, and progress they had been taught breaks in pieces under the first bombardment in the trenches. Through years of vivid horror, Paul holds fast to a single vow: to fight against the principle of hate that meaninglessly pits young men of the same generation but different uniforms against one another . . . if only he can come out of the war alive.*

The New York Times bestselling author of *Being Mortal* and *Complications* reveals the surprising power of the ordinary checklist *We live in a world of great and increasing complexity, where even the most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drown-*

ing 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.

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.

A surgeon shares true stories of life, death, and the human body in an essay collection that "will nail you to your chair" (*Saturday Review*). With settings ranging from the operating theater to a Korean ambulance, and topics as varied as the disposition of a corpse and the author's own childhood, these nineteen captivating, wry, and intimate vignettes offer a poignant examination of health, humanity, and, of course, mortality. Sometimes tragic, sometimes humorous, the essays offer a physician's viewpoint that goes beyond the medical to also consider the most meaningful issues and questions we face, whether as doctors or patients, cared for or caregiver. Praised by *Kirkus Reviews* as "an impressive display of knowledge and art, magic and mystery," *Mortal Lessons* is a classic reflection on the human body and the human experience, and will resonate with readers for generations to come.

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

Now A Major BBC Series Starring Ben Whishaw. The multi-million copy best-seller and Book of the Year at The National Book Awards. 'Painfully funny. The pain and the funniness somehow add up

to something entirely good, entirely noble and entirely loveable.' - Stephen Fry

Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you. Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay's *This is Going to Hurt* provides a no-holds-barred account of his time on the NHS front line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know - and more than a few things you didn't - about life on and off the hospital ward. Sunday Times Number One Bestseller for over eight months and winner of a record FOUR National Book Awards: Book of the Year, Non-Fiction Book of the Year, New Writer of the Year and Zoe Ball Book Club Book of the Year. This edition includes extra diary entries and an afterword by the author.

The vivid, often gruesome portrait of the 18th-century pioneering surgeon and father of modern medicine, John Hunter. When Robert Louis Stevenson wrote his gothic horror story of Dr. Jekyll and Mr. Hyde, he based the house of the genial doctor-turned-fiend on the home of John Hunter. The choice was understandable, for Hunter was both widely acclaimed and greatly feared. From humble origins, John Hunter rose to become the most famous anatomist and surgeon of the eighteenth century. In an age when operations were crude, extremely painful, and often fatal, he rejected medieval traditions to forge a revolution in surgery founded on pioneering scientific experiments. Using the knowledge he gained from countless human dissections, Hunter worked to improve medical care for both the poorest and the best-known figures of the era—including Sir Joshua

Reynolds and the young Lord Byron. An insatiable student of all life-forms, Hunter was also an expert naturalist. He kept exotic creatures in his country menagerie and dissected the first animals brought back by Captain Cook from Australia. Ultimately his research led him to expound highly controversial views on the age of the earth, as well as equally heretical beliefs on the origins of life more than sixty years before Darwin published his famous theory. Although a central figure of the Enlightenment, Hunter's tireless quest for human corpses immersed him deep in the sinister world of body snatching. He paid exorbitant sums for stolen cadavers and even plotted successfully to steal the body of Charles Byrne, famous in his day as the "Irish giant." In *The Knife Man*, Wendy Moore unveils John Hunter's murky and macabre world—a world characterized by public hangings, secret expeditions to dank churchyards, and gruesome human dissections in pungent attic rooms. This is a fascinating portrait of a remarkable pioneer and his determined struggle to haul surgery out of the realms of meaningless superstitious ritual and into the dawn of modern medicine.

"With *When Death Becomes Life*, Joshua Mezrich has performed the perfect core biopsy of transplantation—a clear and compelling account of the grueling daily work, the spell-binding history and the unsettling ethical issues that haunt this miraculous lifesaving treatment. Mezrich's compassionate and honest voice, punctuated by a sharp and intelligent wit, render the enormous subject not just palatable but downright engrossing."—Pauline Chen, author of *Final Exam: A Surgeon's Reflections on Mortality*

A gifted surgeon illuminates one of the most profound, awe-inspiring, and deeply affecting achievements of modern day

medicine—the movement of organs between bodies—in this exceptional work of death and life that takes its place besides Atul Gawande’s *Complications*, Siddhartha Mukherjee’s *The Emperor of All Maladies*, and Jerome Groopman’s *How Doctors Think*. At the University of Wisconsin, Dr. Joshua Mezrich creates life from loss, transplanting organs from one body to another. In this intimate, profoundly moving work, he illuminates the extraordinary field of transplantation that enables this kind of miracle to happen every day. When *Death Becomes Life* is a thrilling look at how science advances on a grand scale to improve human lives. Mezrich examines more than one hundred years of remarkable medical breakthroughs, connecting this fascinating history with the inspiring and heartbreaking stories of his transplant patients. Combining gentle sensitivity with scientific clarity, Mezrich reflects on his calling as a doctor and introduces the modern pioneers who made transplantation a reality—maverick surgeons whose feats of imagination, bold vision, and daring risk taking generated techniques and

practices that save millions of lives around the world. Mezrich takes us inside the operating room and unlocks the wondrous process of transplant surgery, a delicate, intense ballet requiring precise timing, breathtaking skill, and at times, creative improvisation. In illuminating this work, Mezrich touches the essence of existence and what it means to be alive. Most physicians fight death, but in transplantation, doctors take from death. Mezrich shares his gratitude and awe for the privilege of being part of this transformative exchange as the dead give their last breath of life to the living. After all, the donors are his patients, too. When *Death Becomes Life* also engages in fascinating ethical and philosophical debates: How much risk should a healthy person be allowed to take to save someone she loves? Should a patient suffering from alcoholism receive a healthy liver? What defines death, and what role did organ transplantation play in that definition? The human story behind the most exceptional medicine of our time, Mezrich’s riveting book is a beautiful, poignant reminder that a life lost can also offer the hope of a new beginning.