

How Doctors Think Jerome Groopman

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Tiger Woods University of Iowa Press
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 experience 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 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 Case against Perfection Simon & Schuster
“I Was An Intern A Decade Ago Now, But I Still Remember It The Way Soldiers Remember War” Intern Is Sandeep Jauhar’s Story Of His Days And Nights In Residency At A Busy Hospital In New York City, A Trial That Led Him To Question Every Assumption About Medical Care Today. Residency—And Especially The First Year, Called Internship—Is Legendary For Its Brutality. Working Eighty Hours Or More Per Week, Most New Doctors Spend Their First Year Asking Themselves Why They Wanted To Be Doctors In The First Place. Jauhar’s Internship Was Even More Harrowing Than Most: He Switched From Physics To Medicine In Order To Follow A More Humane Calling—Only To Find That Medicine Put Patients’ Concerns Last. He Struggled To Find A Place Among Squadrons Of Cocky Residents And Doctors. He Challenged The Practices Of The Internship In The New York Times, Attracting The Suspicions Of The Medical Bureaucracy. Then, Suddenly Stricken, He Became A Patient Himself—And Came To See That Today’s High-Tech, High-Pressure Medicine Can Be A Humane Science After All. Now A Thriving Cardiologist, Jauhar Has All The Qualities You’d Want In Your Own Doctor: Expertise, Insight, A Feel For The Human Factor, A Sense Of Humor, And A Keen Awareness Of The Worries That We All Have In Common. His Beautifully Written Memoir Explains The Inner Workings Of Modern Medicine With Rare Candor And Insight. Reviews “A Sensitive, Thoughtful Observer And An Experienced, Gifted Writer . . . It Will Be The Standard By Which Future Such Memoirs Will Be Judged” —Abraham Verghese, Author Of My Own Country “In A Voice Of Profound Honesty And Intelligence, Sandeep Jauhar Gives Us An Insider’s Look At The Medical Profession, And Also A Dramatic Account Of The Psychological Challenges Of Early Adulthood” —Akhil Sharma, Author Of An Obedient Father Your Medical Mind Grand Central Publishing

When we're ill, we trust in doctors to put our well-being first. But medicine's expanding capability and soaring costs are putting this promise at risk. Increasingly, society is calling upon physicians to limit care and to use their skills on behalf of health plan bureaucrats, public officials, national security, and courts of law. And doctors are answering this call. They're endangering patients, veiling moral choices behind the language of science and, at times, compromising our liberties. In The Hippocratic Myth, Dr. M. Gregg Bloche marshals his expertise in medicine and the law to expose how: *Doctors are pushed into acting both as caregivers and cost-cutters, compromising their fidelity to patients *Politics keeps doctors from giving war veterans the help they need *Insurers and hospital administrators pressure doctors to discontinue life-saving treatment, even when patients and family members object *Medicine has become a weapon in America's battles over abortion, child custody, criminal responsibility, and the rights of gays and lesbians *The war on terror has exploited clinical psychology to inflict harm Challenging, provocative, and insightful, The Hippocratic Myth breaks the code of silence and issues a powerful warning about the need for doctors to forge a new compact with patients and society. 28 Penguin

"Wonderful... Physicans would do well to learn this most important lesson about caring for patients." —The New York Times Book Review Over the years that Victoria Sweet has been a physician, “ healthcare ” has replaced medicine, “ providers ” look at their laptops more than at their patients, and costs keep soaring, all in the ruthless pursuit of efficiency. Yet the remedy that economists and policy makers continue to miss is also

miraculously simple. Good medicine takes more than amazing technology; it takes time—time to respond to bodies as well as data, time to arrive at the right diagnosis and the right treatment. Sweet knows this because she has learned and lived it over the course of her remarkable career. Here she relates unforgettable stories of the teachers, doctors, nurses, and patients through whom she discovered the practice of Slow Medicine, in which she has been both pioneer and inspiration. Medicine, she helps us to see, is a craft and an art as well as a science. It is relational, personal, even spiritual. To do it well requires a hard-won wisdom that no algorithm can replace—that brings together “ fast ” and “ slow ” in a truly effective, efficient, sustainable, and humane way of healing.

Better Broadway
Whether you're a freshly diagnosed patient, a woman who's been living with heart disease for years, or a practitioner who cares about women's health, A Woman's Guide to Living with Heart Disease will help you feel less alone and advocate for better health care.

Establishing, Managing, and Protecting Your Online Reputation Vintage Canada
A neurologist's insightful and compassionate look into the misunderstood world of psychosomatic disorders, told through individual case histories It's happened to all of us: our cheeks flush red when we say the wrong thing, or our hearts skip a beat when a certain someone walks by. But few of us realize how much more dramatic and extreme our bodies' reactions to emotions can be. Many people who see their doctor have medically unexplained symptoms, and in the vast majority of these cases, a psychosomatic cause is suspected. And yet, the diagnosis of a psychosomatic disorder can make a patient feel dismissed as a hypochondriac, a faker, or just plain crazy. In IS IT ALL IN YOUR HEAD? neurologist Suzanne O'Sullivan, MD, takes us on a journey through the world of psychosomatic illness, where we meet patients such as Rachel, a promising young dancer now housebound by chronic fatigue syndrome, and Mary, whose memory loss may be her mind's way of protecting her from remembering her husband's abuse. O'Sullivan reveals the hidden stresses behind their mysterious symptoms, approaching a sensitive topic with patience and understanding. She addresses the taboos surrounding psychosomatic disorders, teaching us that "it's all in your head" doesn't mean that something isn't real, as the body is often the stand-in for the mind when the latter doesn't possess the tools to put words to its sorrow. She encourages us to look with compassion at the ways in which our brains act out, and to question our failure to credit the intimate connection between mind and body.

The Hippocratic Myth Penguin Books
Students graduate from medical school with a knowledge of body systems, disease processes, and care algorithms. They've learned to treat but not necessarily how to connect with patients as people. It's these difficult-to-learn connection skills that trip doctors up and that patients need doctors to have to ensure the best outcomes. Listen, Think, & Speak Like a Doctor is a witty, relatable, and honest book full of sage advice regarding the real-life challenges and practice demands of becoming and being a physician. Dr. Thakur shares actionable wisdom through relatable, engaging metaphors and anecdotes about the thinking and listening skills required to make beneficial decisions for everything from choosing a career path to diagnosing difficult cases once in practice. He also shares stories about how a skillful physician interacts with, and speaks to, patients. Dr. Thakur's insights make an excellent primer for physicians-in-training and new physicians; they'll also resonate with experienced doctors, re-energizing their patient interactions and their commitment to their chosen healing profession.

When We Do Harm Johns Hopkins University Press
A unique insider's view of today's complex and often contentious world of medicine Anxious about the prognosis, lost in a blur of technical jargon, and fatigued from worry or pain, people who are ill are easily overwhelmed by treatment choices. Told through eight gripping clinical dramas, Second Opinions reveals the forces at play in making critical medical decisions. Dr. Jerome Groopman illuminates the world of medicine where knowledge is imperfect, no therapy is without risks, and no outcome is fully predictable. He portrays moments of astute diagnosis and misguided perception, of lifesaving triumphs and shattering failures. These real-life lessons prepare us to navigate the uncertain terrain of illness, and enable us to balance intuition and information, and thereby make the best possible decisions about our health and future.

Being Mortal Penguin
Employs a case-based approach to teach the basics of clinical reasoning, discusses steps in the clinical reasoning process, inductive and deductive strategies, data collection and its flaws, and assessing the reliability of clinical evidence.

Listen, Think, & Speak Like a Doctor Chicago Review Press
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.

The Good Doctor Scribe Publications

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.

How Doctors Think Beacon Press

Breakthroughs in genetics present us with a promise and a predicament. The promise is that we will soon be able to treat and prevent a host of debilitating diseases. The predicament is that our newfound genetic knowledge may enable us to manipulate our nature—to enhance our genetic traits and those of our children. Although most people find at least some forms of genetic engineering disquieting, it is not easy to articulate why. What is wrong with re-engineering our nature? The *Case against Perfection* explores these and other moral quandaries connected with the quest to perfect ourselves and our children. Michael Sandel argues that the pursuit of perfection is flawed for reasons that go beyond safety and fairness. The drive to enhance human nature through genetic technologies is objectionable because it represents a bid for mastery and dominion that fails to appreciate the gifted character of human powers and achievements. Carrying us beyond familiar terms of political discourse, this book contends that the genetic revolution will change the way philosophers discuss ethics and will force spiritual questions back onto the political agenda. In order to grapple with the ethics of enhancement, we need to confront questions largely lost from view in the modern world. Since these questions verge on theology, modern philosophers and political theorists tend to shrink from them. But our new powers of biotechnology make these questions unavoidable. Addressing them is the task of this book, by one of America’s preeminent moral and political thinkers.

When Doctors Don’t Listen W. W. Norton & Company

Why do some people find and sustain hope during difficult circumstances, while others do not? What can we learn from those who do, and how is their example applicable to our own lives? *The Anatomy of Hope* is a journey of inspiring discovery, spanning some thirty years of Dr. Jerome Groopman’s practice, during which he encountered many extraordinary people and sought to answer these questions. This profound exploration begins when Groopman was a medical student, ignorant of the vital role of hope in patients’ lives—and it culminates in his remarkable quest to delineate a biology of hope. With appreciation for the human elements and the science, Groopman explains how to distinguish true hope from false hope—and how to gain an honest understanding of the reach and limits of this essential emotion.

When the Air Hits Your Brain: Tales from Neurosurgery Penguin

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 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*).

Every Patient Tells a Story Simon and Schuster

Not only for students and doctors, this volume contains Williams's thirteen doctor stories, several of his most famous poems on medical matters, and *The Practice* from *The Autobiography*.

The Anatomy of Hope Random House Trade Paperbacks

Since it first appeared on bookshelves, *The Bipolar Child* has made an indelible mark on the field of psychiatry and has become the resource that families rely upon. Now, with more than 200,000 copies sold, the first book about early-onset bipolar disorder is completely revised and expanded. Bipolar disorder—manic depression—was once thought to be rare in children. Now researchers are discovering not only that bipolar disorder can begin early in life, but that it is much more common than ever imagined. Yet the illness is often misdiagnosed and mistreated with medications that can exacerbate the symptoms. Why? Bipolar disorder manifests itself differently in children than in adults, and in children there is an overlap of symptoms with other childhood psychiatric disorders. As a result, these kids may be labeled with any of a number of psychiatric conditions: “ADHD,” “depression,” “oppositional defiant disorder,” “obsessive-compulsive disorder,” or “generalized anxiety disorder.” Too often they are treated with stimulants or antidepressants—medications that can actually worsen the bipolar condition. Since the publication of its first edition, *The Bipolar Child* has helped many thousands of families get to the root cause of their children’s behaviors and symptoms and find what they need to know. The Papoloses comprehensively detail the diagnosis, explain how to find good treatment and medications, and advise parents about ways to advocate effectively for their children in school. In this edition, a greatly expanded education chapter describes all the changes in educational law due to the 2004 reauthorization of IDEA (Individuals with Disabilities Education Act), and offers a multitude of ideas for parents and educators to help the children feel more comfortable in the academic environment. The book also contains crucial information about hospitalization, the importance of neuropsychological testing (with a recommended battery of tests), and the world of insurance. Included in these pages is information on promising new drugs, greater

insight into the special concerns of teenagers, and additional sections on the impact of the illness on the family. In addition, an entirely new chapter focuses on major advances taking place in the field of molecular genetics and offers hope that researchers will better understand the illness and develop more targeted and easier-to-tolerate medicines. *The Bipolar Child* is rich with the voices of parents, siblings, and the children themselves, opening up the long-closed world of the families struggling with this condition. This book has already proved to be an invaluable resource for parents whose children suffer from mood disorders, as well as for the professionals who treat and educate them, and this new edition is sure to continue to light the way.

Patient Listening New York Review of Books

Drs. Groopman and Hartzband reveal a clear path for making the right medical choices. Such factors as authority figures, statistics, other patients' stories, technology, and natural healing are key factors that shape choices.

The Breakup Hair Handbook Andrews McMeel Publishing

A look at the emotional side of medicine—the shame, fear, anger, anxiety, empathy, and even love that affect patient care Physicians are assumed to be objective, rational beings, easily able to detach as they guide patients and families through some of life’s most challenging moments. But doctors’ emotional responses to the life-and-death dramas of everyday practice have a profound impact on medical care. And while much has been written about the minds and methods of the medical professionals who save our lives, precious little has been said about their emotions. In *What Doctors Feel*, Dr. Danielle Ofri has taken on the task of dissecting the hidden emotional responses of doctors, and how these directly influence patients. How do the stresses of medical life—from paperwork to grueling hours to lawsuits to facing death—affect the medical care that doctors can offer their patients? Digging deep into the lives of doctors, Ofri examines the daunting range of emotions—shame, anger, empathy, frustration, hope, pride, occasionally despair, and sometimes even love—that permeate the contemporary doctor-patient connection. Drawing on scientific studies, including some surprising research, Dr. Danielle Ofri offers up an unflinching look at the impact of emotions on health care. With her renowned eye for dramatic detail, Dr. Ofri takes us into the swirling heart of patient care, telling stories of caregivers caught up and occasionally torn down by the whirlwind life of doctoring. She admits to the humiliation of an error that nearly killed one of her patients and her forever fear of making another. She mourns when a beloved patient is denied a heart transplant. She tells the riveting stories of an intern traumatized when she is forced to let a newborn die in her arms, and of a doctor whose daily glass of wine to handle the frustrations of the ER escalates into a destructive addiction. But doctors don’t only feel fear, grief, and frustration. Ofri also reveals that doctors tell bad jokes about “toxic sock syndrome,” cope through gallows humor, find hope in impossible situations, and surrender to ecstatic happiness when they triumph over illness. The stories here reveal the undeniable truth that emotions have a distinct effect on how doctors care for their patients. For both clinicians and patients, understanding what doctors feel can make all the difference in giving and getting the best medical care.

One Doctor LWW

#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.

How Doctors Think HarperCollins

The inspiration for the HBO documentary from Academy Award–winning producer Alex Gibney. The #1 New York Times bestseller based on years of reporting and interviews with more than 250 people from every corner of Tiger Woods’s life—this “comprehensive, propulsive...and unsparing” (*The New Yorker*) biography is “an ambitious 360-degree portrait of golf’s most scrutinized figure...brimming with revealing details” (*Golf Digest*). In 2009, Tiger Woods was the most famous athlete on the planet, a transcendent star of almost unfathomable fame and fortune living what appeared to be the perfect life. But it turned out he had been living a double life for years—one that exploded in the aftermath of a Thanksgiving night crash that exposed his serial infidelity and sent his personal and professional lives over a cliff. In this “searing biography of golf’s most blazing talent” (*GOLF* magazine), Jeff Benedict and Armen Keteyian dig deep behind the headlines to produce a richly reported answer to the question that has mystified millions of sports fans for nearly a decade: who is Tiger Woods, really? Drawing on more than four hundred interviews with people from every corner of Woods’s life—many of whom have never spoken about him on the record before—Benedict and Keteyian construct a captivating psychological profile of a mixed race child programmed by an attention-grabbing father and the original Tiger Mom to be the “chosen one,” to change not just the game of golf, but the world as well. But at what cost? Benedict and Keteyian provide the starling answers in this definitive biography that is destined to linger in the minds of readers for years to come. “Irresistible...Immensely readable...Benedict and Keteyian bring us along for the ride in a whirlwind of a biography that reads honest and true” (*The Wall Street Journal*). Ultimately, Tiger Woods is “a big American story...exhilarating, depressing, tawdry, and moving in almost equal measure” (*The New York Times*).