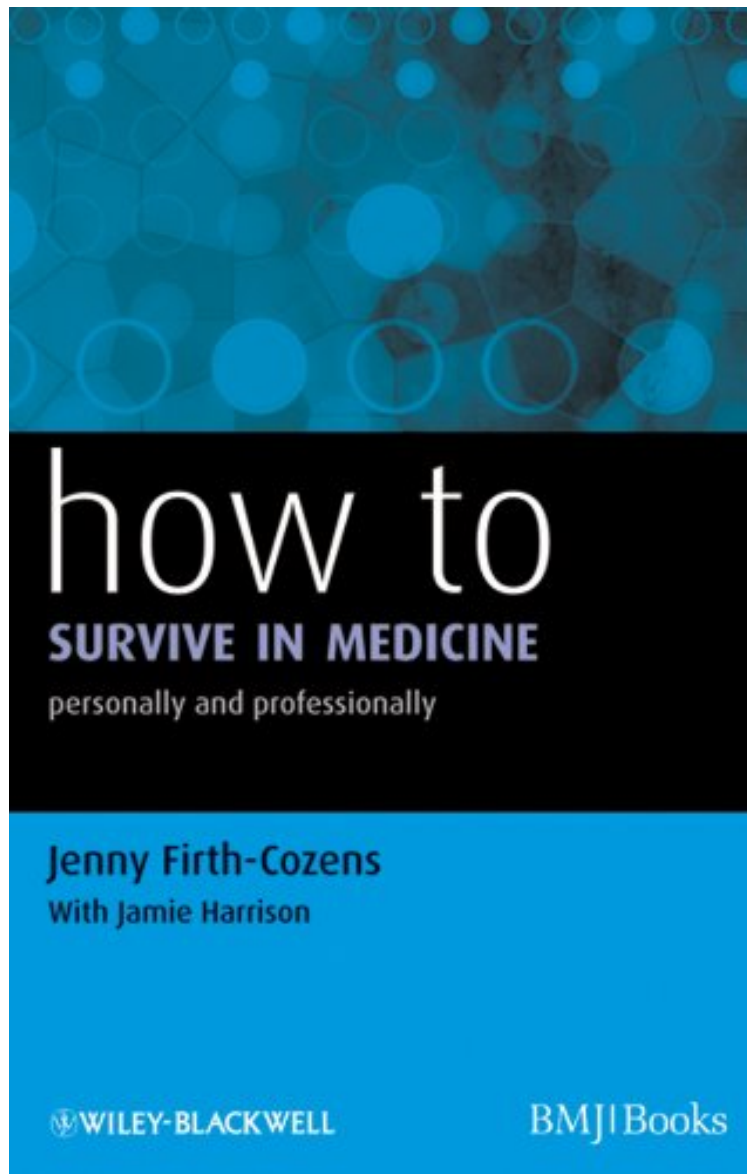


(Read free) How to Survive in Medicine: Personally and Professionally

# How to Survive in Medicine: Personally and Professionally

*Jenny Firth-Cozens*

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**Jenny Firth-Cozens : How to Survive in Medicine: Personally and Professionally** before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Survive in Medicine: Personally and Professionally:

Medicine is a career that most people consider to be enviable. Whatever one's criteria for a good job, being a doctor ticks a lot of boxes: doctors are needed, respected, well remunerated and can make a difference between life and death. Increasingly, doctors are experiencing stress, depression and anxiety, fuelled by the increasing demands of the health services, and the lack of resources to support them. Focussing on the causes, symptoms and management of psychological problems experienced by doctors at all stages in their careers, this book considers the difficulties and stressors of medicine as a career, linking to studies that look at what interventions are successful in the workplace and offering various solutions. Including: A study based over 20 years of doctors' stress factors Case histories to bring the subject to life Guidance on choosing a specialty, dealing with difficult people, stress and demands 37 A valuable resource both for trainers and doctors alike.

"I would recommend this book to the readership of the Journal, because it deals with important issues that face those in our profession in a reasonably comprehensive way." (Canadian Journal of Neurological Sciences, 1 July 2011)

"This book is a splendid recipe for survival, crammed with highly-detailed solutions in a practical, light-hearted presentation." (RoSPA Occupational Safety Health Journal, 1 July 2011)

"This self-help book small in size, certainly considering that it should be manageable for a busy doctor. The presentation is perceived to some extent influenced school book, with sandwiches lists of complaints or actions. . . but it points to both organizational and individual factors that are important to be aware of and that in many cases can be dealt with to get a better workday." (Journal of the Norwegian Medical Association, 18 November 2010)

From the Back Cover  
Jenny Firth-Cozens, MSc, PhD, FBPsS, Special Advisor on Postgraduate Medical Education, London Deanery, London, UK  
Jamie Harrison, MA FRCGP, Deputy Director of Postgraduate GP Education, The Northern Deanery, Newcastle upon Tyne, UK

Medicine is a career that most people consider enviable; doctors are needed, respected, and can make a difference between life and death. Yet, increasingly doctors are experiencing stress, dissatisfaction and depression, fuelled by the increasing demands of the health services and the lack of resources to support them. This book is for any doctor — those whose jobs get them down at times, those who manage others who have problems, through to those who know they are stressed or depressed about the job or relationships at work or at home. Focusing on the causes, symptoms and management of psychological problems experienced by doctors, it explores the stressors of medicine as a career and offers practical solutions. With down-to-earth advice on how to cope better and enjoy your career, based on successful workplace interventions, it is essential reading for all those in the medical profession, from students to seniors.

Featuring: Case histories illustrating real life situations Evidence from a 20-year study of doctors' careers and stresses Guidance for juniors on choosing a specialty Advice on how to deal with difficult people This is a valuable resource for doctors and trainers alike. "Without doubt excellent: very lucid, talking with the readers, covering a variety of angles and in a completely non-technical language. The case presentations/stories are very well illustrated and all of them with elements of problem-solving.... It presents evidence-based and experienced-based information and yet does not flood the readers with references. Reading the book itself is therapeutic!" — Professor Hamid Ghodse, University of London, UK

About the Author  
Jenny Firth-Cozens is an occupational and clinical psychologist and Professor Emeritus of Clinical Psychology who has worked at all levels of the health service and within academia. She has published numerous reports and several books, both academic and popular, including *Stress in Health Professionals: Psychological and organizational causes and interventions* (Wiley) and *Nervous Breakdown: What is it? What causes it? Who will help?* (Piatkus) which was a book club choice for many years. In addition she has contributed articles to most leading newspapers and magazines and for 10 years was agony aunt for *Good Housekeeping* and *The Yorkshire Post*.  
Jamie Harrison, MA FRCGP, Deputy Director of Postgraduate GP Education, The Northern Deanery, Newcastle upon Tyne, UK has contributed the case scenarios.