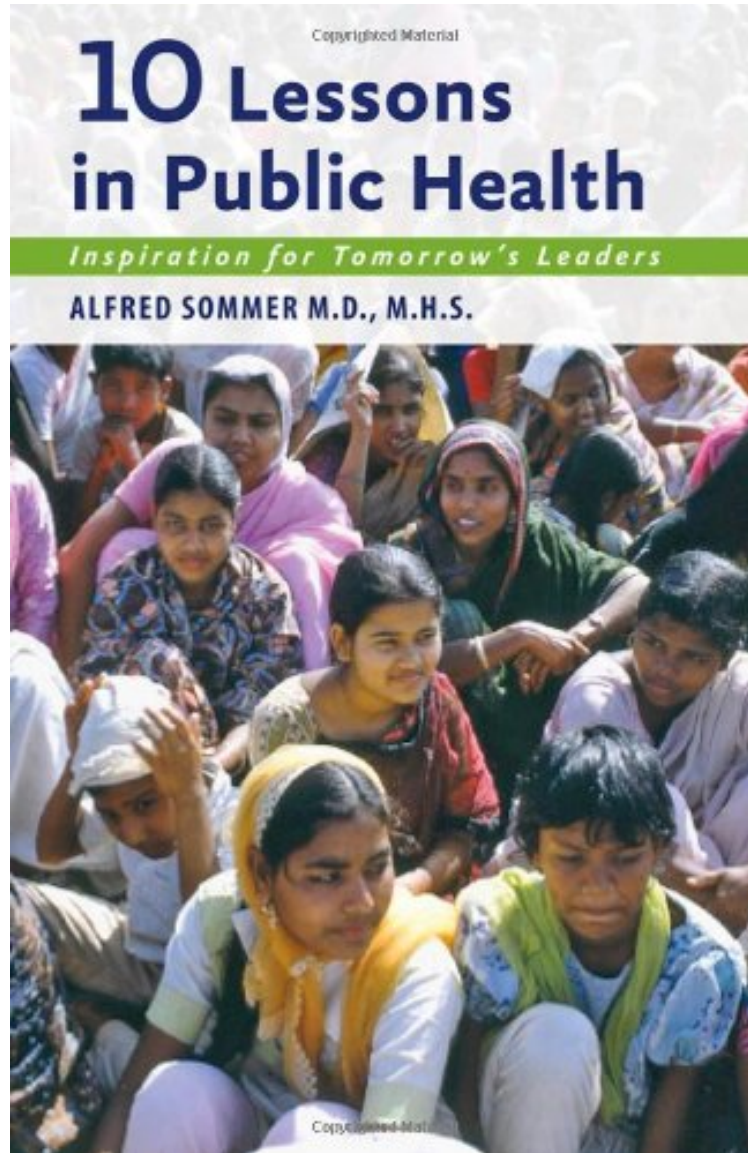


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## Ten Lessons in Public Health: Inspiration for Tomorrow's Leaders

Alfred Sommer MD MHS

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**Alfred Sommer MD MHS : Ten Lessons in Public Health: Inspiration for Tomorrow's Leaders** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ten Lessons in Public Health: Inspiration for Tomorrow's Leaders:

3 of 3 people found the following review helpful. Everyone interested in making a difference in public health should read this. By Nick As a public health practitioner, I had trouble putting down this book. It's a quick but very inspiring read. I have yet to find a book so full of inspirational stories, with specific lessons for each in public health. I plan to

provide the students I mentor with this book and think its a fantastic tool to help motivate/teach the future leaders in public health. If you are not inspired to action after reading it, I would question how carefully you read it. The stories provided clear examples of how a few people that go to where the problems are, follow the data and carefully advocate for change based on that data, can truly change the world. This book is a fantastic reminder that the tools of the trade dont change. With the challenges facing public health and global heath today, this book is incredibly timely.1 of 1 people found the following review helpful. Interesting easy readBy CPI was worried this book would be too simple and geared towards students in public health and public health professionals very new to the field. However, it was quite interesting and offered some insight and personal anecdotes that were appropriate for someone with a history in public health. I liked Dr. Sommer's humble style. I wish he'd write more!1 of 1 people found the following review helpful. Public Health experiencesBy James CobeyThe author, biography shows how he, as a ophthalmologist who studied public health put together his two loves ( public health and eye care) to solve some major international public health problems

There are occasions when a story told from a personal viewpoint can illuminate a profession. Alfred Sommers epidemiological memoir is such a book. Adventurous, illuminating, and thought provoking, Ten Lessons in Public Health is more than the story of one mans work. It tells the tale of how epidemiology grew into global health. The book is organized around ten lessons Sommer learned as his career took him around the world, and within these lessons he explains how the modern era of public health research was born. Three themes emerge from Sommer's story: the duty to help your fellow human beings by traveling to places where there are problems; the knowledge that data-driven research is the key to improving public health; and the need to persevere with sensitivity and strength when science and cultural or sociological forces clash. Nothing in this compelling, sometimes controversial, history is glossed over, as the books goal is to explain when and why public health efforts triumph or fail. Readers will travel to Bangladesh, Iran, Indonesia, South America, and the Caribbean, where they will learn about spreading epidemics, the aftermath of storms, and vexing epidemiological problems. Sommer reveals the inner politics of world health decisions and how difficult it can be to garner support for new solutions. Triumph, tragedy, frustration, and elation await those who set off on careers in public health, and Ten Lessons in Public Health is destined to become a classic book that puts the field into perspective.

"This book combines the most basic lessons of epidemiology with a real-world international health compelling story. It should be required reading for every public health student." (Michael T. Osterholm, director, Center for Infectious Disease Research and Policy, University of Minnesota)"The Centers for Disease Control and Prevention (CDC) would find this book extremely useful in the training of its EIS officers. There are few, if any, similar publications written by a person with the experience and accomplishments of Dr. Sommer. The book demonstrates significant field epidemiology results achieved through a practical, but rigorous, hands-on approach vividly illustrated with personal experiences." (Harrison C. Spencer, CEO and president, Association of Schools of Public Health)"Sommer is deftly able to explore his field's big ideas by directly following ordinary human stories, which not only makes the lessons easy to understand but foregrounds the reasons why to do it in the first place." (Bret McCabe Johns Hopkins Magazine)"Sommer's new memoir is also a gift to students'Inspiration for Tomorrow's Leaders' is the subtitlefull of stories from a career spent in some of the poorest corners of the world, amid political upheaval and natural disasters." (Dan Rodricks Baltimore Sun)"Alfred Sommer has now done exactly what we desire and written 10 Lessons in Public Health: Inspiration for Tomorrows Leaders. Sommer combines the wisdom of going to where the problems are... with a discussion of the limitation of a job description... These arent just lessons for public health. These are lessons for life." (Bill Foege, Author of House on Fire Lancet)About the AuthorAlfred Sommer, M.D., M.H.S., is University Distinguished Service Professor and Gilman Scholar at the Johns Hopkins University and dean emeritus of its Bloomberg School of Public Health. He is the author of Getting What We Deserve: Health and Medical Care in America, also published by Johns Hopkins; Vitamin A Deficiency: Health, Survival, and Vision; and Epidemiology and Statistics for the Ophthalmologist.