Description

As grueling as medical studies and training are, with appropriate discipline and time management it is possible to stay afloat, maintain one's sanity, achieve one's goals, and still enjoy a fulfilling life. It is the purpose of this book to stimulate thought processes that nurture a healthy attitude toward organizing one's time and life so as to improve one's own quality of life as well as the patient's well-being.

Topics include:

- The macro-perspective: goals, roles, regeneration
- The micro-perspective: from goal to action
- Planning your week
- Acute disaster management: three major points
- Anxiety management and the "power of now"
- Networking; finding and working with mentors; reevaluating; learning from errors

Junior residents and interns will benefit greatly from this handy guide, as will medical students in their rotations.