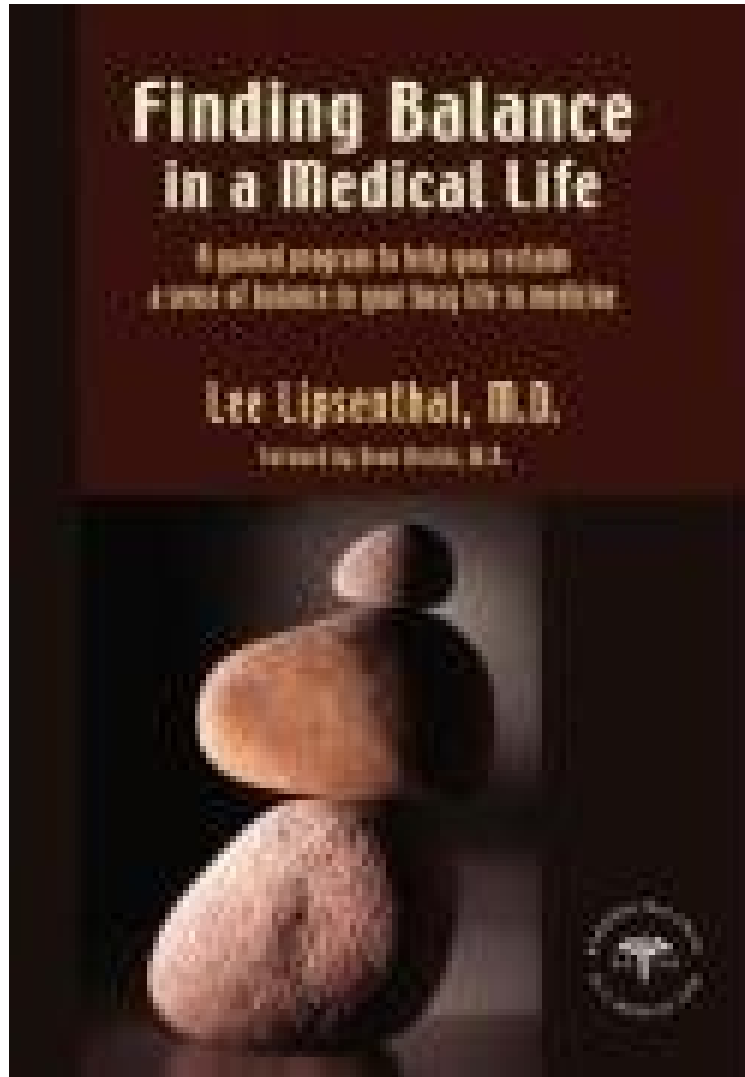


[Free download] Finding Balance in a Medical Life

Finding Balance in a Medical Life

Lee Lipsenthal

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Lee Lipsenthal : Finding Balance in a Medical Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Finding Balance in a Medical Life:

1 of 1 people found the following review helpful. This is a good book about avoiding burnout and geared specifically towards physicians ...By katarinaism This is a good book about avoiding burnout and geared specifically towards physicians - I felt that this latter statement deserves to be underlined, as it was crucial to the effectiveness of the author's work. Lipsenthal addresses and dissects specific quirks of medical culture which promote burnout - i.e. the perfectionist ideal, the pressure to continually be digesting the latest literature and able to recount it on demand, the expectation of always being accessible and the difficulty of balancing home and work. He also goes into exercises

which can help in identifying and correcting cognitively dissonant behaviors. This is a hard read, not in the literary sense, but in the sense that it forces one to look introspectively and realize that we got ourselves into this difficult situation of burnout, and we're the only ones that can get ourselves out - but admitting we need to change is the first step. 1 of 1 people found the following review helpful. Great book to study By Carlos R. Fuentes Great book to study. Helps us physicians live a balanced life in an unbalanced world that surrounds us. Dr. Fuentes 0 of 0 people found the following review helpful. Lee Lipsenthal.... what a star. ...By Dreams so Real Lee Lipsenthal....what a star. Such an incredible book and highly practical for all of the Family Residents with whom we work.

The system of medicine, world-wide, is in a state of rapid change. This has left physicians in a state of anxiety, fatigue and even burnout. *Finding Balance in a Medical Life* is the culmination of the authors years of working with large physician groups, evaluating physician health research and delivering workshops to physicians and their families. It is intended to help physicians, healthcare professionals and their families to understand how they find themselves 'stuck' in their work lives and even in their personal relationships. It explores the ramifications of the physician personality structure and helps the reader to analyze their own personality. It clarifies the effect of medical training and practice on the physicians' health and relationships. It teaches the reader various tools and techniques to manage stress, enhance performance, and improve communication as well as how to plan their futures in by identifying their life purpose.

About the Author Lee Lipsenthal, M.D., ABHM is a recognized leader, teacher and pioneer in the field of provider wellness. He is an internist by training and is internationally known for his research work with Dr. Dean Ornish, in preventive cardiology. He is also well known in the field of Integrative Medicine. Dr. Lipsenthal is a member of the American Medical Association Physician Well-being Planning Committee and has authored many professional and popular publications on healthcare provider wellness medicine. He is a frequently invited workshop presenter and speaker at healthcare conferences in the U.S. and world-wide. "Finding Balance in a Medical Life is an eloquent, potent way of enhancing awareness and promoting healing in ourselves, our families, and our patients. It is a call to action that may help you save a very important life. Yours." - Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, University of California, San Francisco "Finding Balance in a Medical Life is distilled from the author's experience over many years of teaching physicians about managing stress, improving performance, and increasing connection with life's purpose. I know you will enjoy it and find it useful." - Andrew Weil, MD "Lee Lipsenthal brings tremendous insights into the stresses and strains of being a physician. Put down your medical journal and pick up this book; it may be the most important read of your life." - Steve McDermott, Chief Executive Officer, Hill Physicians Medical Group