

What Your Doctor May Not Tell You About Menopause The Breakthrough Book On Natural Hormone Balance

Coronary heart disease has long been the number one killer in this country, and for decades, we have been told about five basic risk factors: elevated cholesterol, high blood pressure, diabetes, obesity, and smoking. But the truth is that heart disease is much more complex-- with close to 400 risk factors! In this innovative guide, Dr. Mark Houston helps readers discover the causes of heart disease, how to prevent and treat its debilitating effects via nutrition, nutritional supplements, exercise, weight management, and lays to rest to various myths (cholesterol is not the primary cause) based on scientific studies and medical publications. Readers will also learn how to identify the risk factors most likely to endanger them and construct an arsenal of non-pharmacological preventive strategies that can counteract this most deadly disease. A comprehensive, all-natural program to prevent and treat sinusitis and sinus-related disorders. Complete with lifestyle and dietary changes to improve respiratory function, including alternative therapies.

Every year 350,000 men are diagnosed with prostate cancer. With more and more treatments available to tackle the disease, choosing the one that's right for you can be a daunting task. Now Dr. Glenn J. Bubley, an expert oncologist with twenty-five years of experience in conventional and experimental prostate cancer therapies, offers the latest information on the disease and the full range of therapeutic options available. He explains the pioneering techniques and medications being tested in today's clinical trials-including herbs and nutritional supplements-so that you can weigh all the choices and make informed decisions about your health. Discover: What the prostate is, how it works, and what can go wrong Natural herbal and nutritional supplements that may improve prostate health New diagnostic tests-and the limitations of standard PSA screening The pros and cons of traditional surgery, radiation, and chemotherapy and how to assess promising new treatments Experimental drugs and vaccines that may slow-or even stop-the spread of prostate cancer How to choose the right doctor-and the best treatment plan-for you

A brutally frank memoir about doctors and patients in a health care system that puts the poor at risk. No Apparent Distress begins with a mistake made by a white medical student that may have hastened the death of a working-class black man who sought care in a student-run clinic. Haunted by this error, the author--herself from a working-class background--delves into the stories and politics of a medical training system in which students learn on the bodies of the poor. Part confession, part family history, No Apparent Distress is at once an indictment of American health care and a deeply moving tale of one doctor's coming-of-age.

The Real Reasons You Don't Feel Good and What YOU Can Do About It

New Techniques and Therapies--Including Breakthrough Alternatives to Hysterectomy

The House of God

The Revolutionary Treatment That Can Reverse the Disease

What Your Doctor May Not Tell You About(TM): Osteoporosis

Don't Let Your Doctor Kill You

The Breakthrough Information and Treatments That Can Help Save Your Life

How to Beat Physician Arrogance, Corporate Greed and a Broken System

Adverse reactions to over-the-counter and prescription drugs are currently estimated to kill more than 100,000 Americans a year (making this the fourth leading cause of death in the United States behind cancer, heart disease, and stroke). Drawing on more than twenty years of scientific research, Dr. Michael T. Murray reveals how the pharmaceutical treatments of the most common diseases that plague our society are often ineffective and result in serious, widespread side effects--and then explains how natural treatments can help us avoid them. What the Drug Companies Won't Tell You and Your Doctor Doesn't Know makes clear that we must radically reevaluate the way that we take care of ourselves, and Dr. Murray provides clear guidance on the steps necessary to help you lead a fitter, happier, and healthier life.

Doctors have been silent for too long. Some of us are more interested in getting rich than helping our patients get well. Many are unhappy working in healthcare. It is high time someone blew the whistle.... "Perhaps this book's greatest contribution will be 'the beginning of the end of the greatest rip-off ever imposed on the American consumer, ' i.e., our current health care system." - Publishers Weekly

Each year, over 40,000 women in the U.S. die from breast cancer. With statistics rising, conventional methods of treatment are simply not working, and in some cases may even be harmful. Now, Drs. Lee and Zava explain the potentially life-saving facts, such as: likely sources for the increase in breast cancer, including environment, excessive estrogen, progesterone imbalance, diet, and the dangers associated with traditional hormone replacement methods. Readers will learn strategies for lowering their risk and preventing this devastating disease through a revolutionary hormone balance program.

What Your Doctor May Not Tell You About(TM): MenopauseThe Breakthrough Book on Natural ProgesteroneGrand Central Publishing

Letters to a Young Doctor

Surgeons Do Not Cry

The Breakthrough Book on Natural Progesterone

Secret Diaries of a Medical Resident

How Emotions Affect the Practice of Medicine

Relieve Your Symptoms and Identify the Source of Your Pain

Untold Facts on America's Most Widely Performed-and Most Unnecessary-Surgery

The Essential How-to Guide to Symptoms, Dosage, Timing, and More

With the exception of only the common cold, Irritable Bowel Syndrome (IBS) accounts for more work and school absences than any other illness. But drugs aren't always the best option - as Dr. Ash learn from experience. He has developed a program that helps relieve symptoms without drugs - and has applied his knowledge to the treatment of IBS, helping thousands of patients. In this groundbreaking treatment plan Dr. Ash reveals his drug-free approach to relieving the symptoms of IBS, using vitamin C, bioflavonoids, and other herbs and nutrients that help the body to heal itself. He also discusses the role of food allergies; the need for adequate diagnostic tests; and environmental factors, such as stress.

Arguing that giving estrogen replacement therapy to women after menopause is medically the wrong thing to do, Lee suggests that natural progesterone can prevent most of the unpleasant side effects of menopause, including osteoporosis and weight gain.

Discusses how to avoid harmful medical mistakes, offering advice on such topics as working with a busy doctor, communicating the full story of an illness, evaluating test risks, and obtaining a working diagnosis.

Human Papilloma Virus - HPV - is a sexually transmitted disease that is known as "the silent killer" because its symptoms are so ambiguous most people don't know they have it. This book will raise awareness of this disease, as well as other abnormal smear tests, and provide much needed information and support.

Balance Your Hormones and Your Life from Thirty to Fifty

What Your Doctor May Not Tell You About(TM) Children's Vaccinations

What Your Doctor May Not Tell You About(TM) Diabetes

What the Drug Companies Won't Tell You and Your Doctor Doesn't Know

The Diabetes Diet

How Hormone Balance May Save Your Life

A Simple Plan for Extraordinary Results

No Apparent Distress: A Doctor's Coming of Age on the Front Lines of American Medicine

From a bestselling author of the classic What Your Doctor May NOT Tell You books about menopause and pre-menopause comes an easy-to-use guide on balancing hormone levels safely and naturally. Dr. John Lee will help you answer key questions like: Are my symptoms caused by a hormonal imbalance? Which hormones do I need to regain hormone balance? How do I use hormones for optimal health and balance? Plus, learn how and when to use estrogen, testosterone and progesterone cream, in simple, effective language. If you want the ABCs of using natural hormones, this book is for you.

With over 10 million Americans currently suffering from osteoporosis-and millions more at risk-awareness of the disease has been brought to the forefront.

A safe, effective hormone balance program for women aged 30-50 suffering from premenopause syndrome. Restore and maintain gynecological health, sex drive, and energy. I'm too young for menopause. So why do I feel like this? Even if you're a decade or more away from menopause, your hormones may already be out of balance, usually caused by an excess of estrogen and a deficiency of progesterone. Over 50 million women experience premenopause symptoms, including: Unexplained, sudden weight gain Severe PMS, fatigue, irritability, and mood swings Loss of libido Tender or lumpy breasts Fibroids and endometriosis Cold hands and feet Very heavy or light periods Or other symptoms like infertility, memory loss, and migraines. Now Dr. John Lee-author of the groundbreaking What Your Doctor May Not Tell You About Menopause-teams up with women's health expert Jesse Hanley, M.D., to bring you a revolutionary nonprescription "Balance Program" with simple, safe, and natural solutions for premenopause. Learn how natural progesterone and changes to your diet and environment can balance your hormones, eliminate premenopausal symptoms, and make you feel better-all without surgery, antidepressants, or prescription hormones.

What Dr. Strand found in his battle, unable to successfully treat his wife who had suffered chronically with pain and fatigue, he agreed to try the regimen of nutritional supplements that a neighbor suggested. Much to his surprise, his wife's condition began to improve almost immediately. That amazing turn of events led him to dedicate himself to researching alternative therapies in medicine, particularly in the arena of nutritional supplements. Dr. Strand's illumination of the body's silent enemy-oxidative stress-will astound you. But, more importantly, his research will equip you to protect or reclaim your nutritional health, possibly reversing disease and preventing illness.

An Insider's Survival Manual for Outsmarting the Health-Care System

What Your Doctor May Not Tell You About(TM): Parkinson's Disease

What Your Doctor May Not Tell You About Fibromyalgia

A Holistic Program for Optimal Wellness

Eliminate Your Symptoms and Live a Pain-free, Drug-free Life

What Your Doctor May Not Tell You About(TM) IBS

Get the Facts on this Dangerous Virus-Protect your Health and Your Life!

What Your Doctor May Not Tell You About(TM): Autoimmune Disorders

A timeless collection of advice, operating-room wisdom, and reflections on the practice of medicine, from the "best of the writing surgeons" (Chicago Tribune). "Richard Selzer does for medicine what Jacques Cousteau does for the sea," raved The New York Times of this extraordinary collection. "He transports the reader to a world that most of us never see, a world that is vivid and powerful, often overwhelming, occasionally fantastic." In this collection of highly candid, insightful, and unexpectedly humorous essays, the erstwhile surgeon turned Yale School of Medicine professor addresses both the brutality and the beauty of a profession in which saving and losing lives is all in a day's work. A number of these pieces take the form of letters offering counsel to aspiring physicians. Featuring wry and witty observations on matters of life and death, medical ethics, and the awesome responsibilities of being a surgeon, Letters to a Young Doctor should be required reading for all medical students-and anyone interested in the endless miracle that is the human body. "No one writes about the practice of medicine with Selzer's unique combination of mystery and wonder," observed the Los Angeles Times, while The New York Times praised Selzer's "marvelous insight and potent imagery" for making "his tales of surgery and medicine both works of art and splendid toads of instruction."

Depression is a serious illness that can often have devastating effects on one's personal and professional life -but it doesn't have to. With proper treatment, one can conquerthis mental monster and lead a fulfilling and productive life.What's more, expensive prescription drugs with sometimesdebilitating side effects may very well not be the answer.In this breakthrough programme, Dr Michael Schachter offers hisproven protocol to treat depression naturally by rebalancing andreparing out of sync and inefficient neurotransmitters in the brain.Readers are guided towards relief through potent, safe naturalssupplements that directly affect brain chemistry. Combining moretraditional treatments with new proven remedies, Dr Schachter'sprogramme reveals: the right amino acids that can help balance brainchemistry; how to easily and effectively control the amount ofserotonin, dopamine, and glutamine in the brain - without drugs; theimportance of Omega-3 intake and the role of mercury and fluoridetoxicity can play in depression and much more.Dr Schachter leaves no stone unturned on the path to treatingdepression safely, effectively and naturally.

A time traveling cave. A vicious band of miners and pure gold. When West Virginia teenagers Emma and Brody promised their neighbor, a famous geologist, to help rebuild his decimated rock and mineral collection for a museum display, they didn't know they would be in for the magical ride of a lifetime. After a successful trip to 1775 England where they collected the rare Blue John Fluorite, the teens are quick to jump at the chance to travel to the California Gold Rush in 1851. When they arrive at the gold rush and meet an old acquaintance, they think the mission will be easy until they realize their friend may not be able to help them at all. When their actions in the past erase their future, can Emma and Brody right the wrong? With a hostile group of miners hot on their trail, Brody and Emma must collect the gold, save their friends, and salvage the future before it is too late. Rusher's Gold is the second book in the middle grade adventure/sci-fi series Crystal Cave Adventures. If you like adventure and time travel mixed with your geology, then you'll love Tracy Diane's exciting series.

Aging well frequently involves feeling your way blindly through a complex medical world: dealing with multiple doctors, facing baffling financial decisions, and figuring out whether you or a parent needs care outside the home. What Your Doctor Won't Tell You About Getting Older turns the lights on, illuminating potential pitfalls and showing a way around them. This book is an indispensable survival guide, gathering all the information you need to have but that too often doctors just don't give you. Writing with great experience and good humor, renowned geriatrician Mark Lachs explains how to choose your doctors, stay out of the emergency room, plan financially for retirement, outfit your house to stay safe, and, most important, how to have as many healthy years as possible.

Diagnosing the Doctor-Patient Relationship

The Alternative Treatments That May Change Your Life--and the Prescriptions That Could Harm You

The Breakthrough Program That Can Help End Your Pain

Rusher's Gold

What Your Doctor May Not Tell You About(TM) Prostate Cancer

What Your Doctor May Not Tell You About(TM) Fibroids

What Your Doctor May Not Tell You About(TM): Breast Cancer

What Your Doctor Really Thinks

This guide aims to explode the myths and misinformation about circumcision in an accessible, easy-to-read format. After describing the anatomy of the penis, the book explains the procedure, describes the risks associated and debunks the six most common reasons doctors will give when recommending it.

Doctors are taught how to cure people. But they don't always know how to care for them. Hardly anyone is happy with American healthcare these days. Patients are getting sicker and going bankrupt from medical bills. Doctors are burning out and making dangerous mistakes. Both parties blame our nation's outdated and dysfunctional healthcare system. But that's only part of the problem. In this important and timely book, Dr. Robert Pearl shines a light on the unseen and often toxic culture of medicine. Today's physicians have a surprising disdain for technology, an unhealthy obsession with status, and an increasingly complicated relationship with their patients. All of this can be traced back to their earliest experiences in medical school, where doctors inherit a set of norms, beliefs, and expectations that shape almost every decision they make, with profound consequences for the rest of us. Uncaring draws an original and revealing portrait of what it's actually like to be a doctor. It illuminates the complex and intimidating world of medicine for readers, and in the end offers a clear plan to save American healthcare.

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (The New Yorker) – and sometimes horrifying – truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to school and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's This Is Going to Hurt provides a no-holds-barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward. And yes, it may leave a scar.

How do you take charge of your health and stop turning over your life to our confusing and intimidating healthcare system before it's too late? Dr. Erika Schwartz believes that today's patient is but a leaf blowing in the wind of group-think protocols, corrupt medical societies, insurance companies on the take, and billion dollars in marketing and lobbying pressure from drug companies. What is the quick fix? The answers are here in the ten clear chapters, giving examples every step of the way. It's a simple process that takes you, the patient, from being a victim to being in charge. Developing personal self-confidence, choosing the right doctor for you, walking out on the wrong ones with impunity and making the right choices will add up to great health care with you at the center. Follow the plan and the facts and change your life and that of your loved ones. Life is to be enjoyed not feared. This book will put enjoyment back into your life and remove the fear and intimidation from your healthcare.

What Your Doctor May Not Tell You About(TM): Circumcision

How to Avoid Misdiagnoses and Unnecessary Tests

The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You

What Your Doctor May Not Tell You About(TM) Glaucoma

Can the past erase the future?

When Doctors Don't Listen

What Your Doctor May Not Tell You About(TM): Menopause

Providing details of the pros and cons of common prescription medications, this text explains Dr. Mauskop's patient-tested, seven-step programme for migraine relief. It includes tips on avoiding migraine triggers in food, the home & the environment.

Breast cancer is on the increase in the West and, despite governments spending billions on research and new treatments, your chances of survival are roughly the same today as they were 50 years ago. This controversial book exposes the failings of conventional treatments of breast cancers and offers a revolutionary programme for lowering the risk of breast cancer, significantly improving your chances of recovering from this disease, and preventing a reoccurrence. Topics include: teenagers taking the pill are 600 per cent more likely to get breast cancer; biopsies, mammograms and chemotherapy often do more damage than good; 80 per cent of breast cancers are brought on by environmental factors, such as diet and exposure to toxins and pollutants; natural progesterone helps prevent and treat breast cancer; and explains that 30 minutes of moderate exercise a day may save your life.

This low-carb diet book is geared towards diabetics. An engineer by training, Bernstein pioneered blood glucose self-monitoring and the tight control of blood sugar that is now accepted as the standard treatment of diabetes.

An insidious disease, glaucoma is often misunderstood and is the leading cause of preventable blindness. Helps to dispel the myths surrounding the disease and inform readers as to the truth about glaucoma. Divided into three accessible sections, the book takes readers through the most common methods of treatment, and explores cutting-edge research and crucial new information on the effects of nutrition, exercise, and herbal medicine on glaucoma.

What Your Doctor May Not Tell You About(TM): Hypertension

The Failures of American Medicine - And How to Avoid Becoming a Statistic

What Your Doctor May Not Tell You About(TM): Migraines

This Is Going to Hurt

What Your Doctor Won't Tell You

What Your Doctor May Not Tell You About(TM): Premenopause

As well as explaining the mechanisms behind Parkinson's and providing detailed information on its symptoms, diagnosis and conventional treatments, this book includes information on groundbreaking alternative treatments such Dr Perlmutter's glutathione therapy using non-prescription supplements.

Dr. Edelson discusses the most common types of autoimmune diseases, outlining their symptoms, causes, and risk factors. He describes his own revolutionary program for treating the root of all autoimmune disorders--without drugs--providing readers with new hope for getting back on the road to better health.

In What Your Doctor Isn't Telling You: The Real Reasons You Don't Feel Good and What YOU Can Do About It, Dr. Sherer provides readers with verifiable information about current medicine, healthcare and relevant public policy so they can make their own best judgments as to whether a change in their behavior will, if they are inclined, effect a positive change in your life. He strips away the veneer of political correctness when it comes to health and provides the basic truths behind the implications of the daily decisions we make that affect our health. These decisions, mostly based in how we approach food, physical activity, our mental and emotional states, our interactions with others and our approach to accessing healthcare, have profound effects on our physical, mental and emotional states. Rather than being a book on how to eat, how to exercise, how to shop for a health plan and so on, this work strives only to inform. Because with information comes power. And with power, there is the potential for positive change.

Mention diabetes and you are the first things that leap to mind? Sugar levels, glucose monitoring, and insulin? According to leading diabetes specialist Dr. Stevan Joyal, to truly combat the diabetes epidemic--both preventing it and improving the quality of life for those who have it--we must start smaller, by focusing on the microscopic yet most critical factors that control your genes and your cells. In WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT DIABETES, Dr. Joyal tells readers how to prevent and treat type 2 diabetes and reverse prediabetes (a condition affecting half of all Americans), by positively influencing the genes and cells in the body that cause the condition--all without the use of special gadgets, or crazy fad diets. In this groundbreaking, integrative treatment plan, you will find: -the testing procedures that EVERYONE should have to discover their diabetes and prediabetes risk level -tools to prevent and significantly control minor to serious diabetic complications -important guidelines on diet, including especially effective "superfoods" -an individualized, scientifically-proven natural supplement regime -a manageable and effective exercise program -lifestyle changes, including stress reduction tips, that can really make a difference -recommendations on pharmaceuticals when necessary

What Your Doctor May Not Tell You About Heart Disease

How the Culture of Medicine Kills Doctors and Patients

An Innovative Program to Prevent, Treat, and Beat This Controllable Disease

Dr. Bernstein's Low-Carbohydrate Solution

What Your Doctor Won't (or Can't) Tell You

What Your Doctor May Not Tell You About(TM): Sinusitis

How Hormone Balance Can Help Save Your Life

Dr. John Lee's Hormone Balance Made Simple

Q. You've been sent for a stress test. Does this mean your doctor thinks there's something wrong with your heart? A. Not necessarily. Doctors often schedule stress tests when they are certain a patient's heart is healthy. So why the test? In What Your Doctor Really Thinks, Ian Blumer looks at the doctor-patient relationship, and explains what will and won't tell you in the examining room. Blumer lets you know what is going on in your physician's head, and suggests what should be going on in your head, when you present him or her with symptoms. Fatigue, chest pain, headaches, abdominal pain, dizziness, shortness of breath ... Blumer covers a variety of symptoms and discusses what direction the examination may take. This book is a look into the psyche of the doctor and the patient during their meetings. It is a discussion of what both parties might be thinking, but not saying, and it reveals the so-called "mind games" that often take place. It tells people why, without their having even realized it, they have just left a doctor's office not knowing if the "growth" they have is worrisome or harmless, if they have a dim future or a good one. It tells people why doctors are often evasive, or, at times, downright rude. What Your Doctor Really Thinks is not an aid to self-diagnosis. It is not a compilation of medical anecdotes glorifying the practice of medicine. And it is not a self-help guide to teach you about the disease that afflicts you. It is, rather, an aid to understanding your doctor, and to understanding yourself. Everyone from the health-conscious to the hypochondriac will find familiar symptoms in Blumer's book. You may find comfort in knowing that your symptoms are nothing to worry about; or you may find reason to see your doctor about something that may be more serious than you had thought. Regardless, you will learn not just what a doctor's diagnosis might be; you will also learn why they have made that diagnosis, and what the diagnosis means.

This is an essential guide for parents about vaccinations. Dr. Stephanie Cave explains their pros and cons and the book provides information to help parents make a knowledgeable, responsible choice about vaccinating their children.

An astonishing 13 million people suffer from hypothyroidism and its complications. This book includes a Foreword by Mary J. Shomon, thyroid patient advocate, published educator, and author of the successful "Living Well With Hypothyroidism."

What Your Doctor May Not Tell You About(TM): Hypothyroidism

Uncaring

The Essential Treatments and Advances That Could Save Your Sight

Help Prevent--and Even Reverse--the Disease That Burdens Millions of Women

What Doctors Fear

The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure

What Your Doctor May Not Tell You About(TM) HPV and Abnormal Pap Smears

The Breakthrough Integrative Approach for Effective Treatment

What Your Doctor May Not Tell You About Fibromyalgia is the only protocol that actually treat the condition, reduces drug dependency, and offer an actual cure. Most patients with fibromyalgia are on as astonishing array of medications--sometimes taking over 10 different medications and supplements a day to treat symptoms ranging from muscle pain and fatigue to hypoglycemia, IBS, and chronic candidiasis--and they still can't control their pain. This fourth edition of the book goes deeper into understanding the disease and the early intervention options that are available. With special attention paid to fatigue and pain management protocols, Dr. St. Armand goes into great detail about the big issues surrounding fibromyalgia today, including: A close look at supplements, including CBS oil--an unregulated market without the same scientific rigor as most medications Gualfenesin as a drug that does work, eliminating symptoms and restoring normal life to an astonishing 90 percent of the fibromyalgia sufferers A discussion of pharmaceuticals in treatment, and why "medical Band-Aids" won't treat the disease changes in disease protocol discussion of pharmaceuticals in treatment

Intern Roy Basch becomes disillusioned with the medical establishment when he sees his fellow interns fall for the illusions that destroy a doctor's ability to relate to and really care for his patients. Reprint.

Fibroid tumors are the leading reason why more than 500,000 American women have hysterectomies each year.

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.

What Your Doctor Won't Tell You About Getting Older

What Your Doctor May Not Tell You about Breast Cancer