

The Naked Surgeon The Power And Peril Of Transparency In Medicine

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to Beat Disease. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems- Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

The book we need NOW to avoid a social recession, Murthy's prescient message is about the importance of human connection, the hidden impact of loneliness on our health, and the social power of community. Humans are social creatures: In this simple and obvious fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today from alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health, but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society. But, at the center of our loneliness is our innate desire to connect. We have evolved to participate in community, to forge lasting bonds with others, to help one another, and to share life experiences. We are, simply, better together. The lessons in Together have immediate relevance and application. These four key strategies will help us not only to weather this crisis, but also to heal our social world far into the future. Spend time each day with those you love. Devote at least 15 minutes each day to connecting with those you most care about. Focus on each other. Forget about multitasking and give the other person the gift of your full attention, making eye contact, if possible, and genuinely listening. Embrace solitude. The first step toward building stronger connections with others is to build a stronger connection with oneself. Meditation, prayer, art, music, and time spent outdoors can all be sources of solitary comfort and joy. Help and be helped. Service is a form of human connection that reminds us of our value and purpose in life. Checking on a neighbor, seeking advice, even just offering a smile to a stranger six feet away, all can make us stronger. During Murthy's tenure as Surgeon General and during the research for Together, he found that there were few issues that elicited as much enthusiastic interest from both very conservative and very liberal members of Congress, from young and old people, or from urban and rural residents alike. Loneliness was something so many people have known themselves or have seen in the people around them. In the book, Murthy also shares his own deeply personal experiences with the subject--from struggling with loneliness in school, to the devastating loss of his uncle who succumbed to his own loneliness, as well as the important example of community and connection that his parents modeled. Simply, it's a universal condition that affects all of us directly or through the people we love—now more than ever.

THIS VALUABLE ANATOMY BOOK, Written in the 1850s by a young doctor, Henry Gray. Gray's Anatomy was the most comprehensive and accessible anatomy of its time. This beautifully produced slipcased volume contains the historic text of the second edition and all of Henry Vandyke Carter's masterly drawings. It is essential reading for anyone with an interest in the history of medicine or in the amazingly complex machine that is the human body. HENRY GRAY [1827 - 1861] was an English anatomist and surgeon most notable for publishing the book Gray's Anatomy. He was elected a Fellow of the Royal Society (FRS) at the age of 25. While still a student, Gray secured the triennial prize of Royal College of Surgeons in 1848 for an essay entitled The Origin, Connexions and Distribution of nerves to the human eye and its appendages, illustrated by comparative dissections of the eye in other vertebrate animals. In 1852, at the early age of 25, he was elected a Fellow of the Royal Society, and in the following year he obtained the Astley Cooper prize of three hundred guineas for a dissertation "On the structure and Use of Spleen."

Mr. Mee, a reclusive British book collector, tries to track down a copy of a long-vanished Rosier's Encyclopedia, while Dr. Petrie, a professor of French literature, falls in love with one of his students, and eighteenth-century copyists Ferrand and Minard are charged with reproducing Rosier's original manuscript. Reprint. 10,000 first printing.

As a medical student, Samer Nashef was unofficially blacklisted when he started asking questions about the death rates of more senior surgeons. Since then, he has made his name challenging colleagues to be more open and accurate about the success of the procedures they perform. In The Naked Surgeon, Nashef unclothes his own profession, offering an unprecedented and often controversial view inside the operating theatre. He explains how surgeons can 'game' the system to make their results appear better; why the way a surgeon ties the knot in a single stitch could make a life-or-death difference; and why patients operated on the day before a surgeon goes on holiday are twice as likely to die than those operated on during that surgeon's first day back. Full of eye-opening revelations about the cardiac surgeon's craft, The Naked Surgeon is necessary reading for anybody considering medical intervention now, or in the future.

Think how much of your identity and sense of self is vested in the face you see in the bathroom mirror every morning. Now imagine that face being so ravaged by cancer, an accident, a fall, a beating, a car crash or a gunshot wound that it is barely recognizable. Now imagine how it might feel if, after surgery, the person you remember, but had given up all hope of seeing again, is looking back at you from the mirror once more. Over the years, maxillofacial surgeon Jim McCaul has helped countless individuals make this journey. This extraordinary book follows the stories of some of these patients whom he has saved from terrible illness and life-changing injuries - and some he wasn't able to. We follow the epic and complex surgical procedures his job requires him to perform daily, where the margin for error is to all intents and purposes zero. Face to Face takes us on a journey which includes the most high-tech and complex of microsurgical procedures as well as the facial reconstruction techniques

pioneered during the First World War. But at its heart are the human stories of the patients for whom this treatment is often quite literally a matter of life and death.

On December 21, 1980, the author, a morally insane, drug-addicted surgeon hit bottom. Guilty of fraudulent research, he finds himself reduced to a terrified non-entity in a barred bedlam oiled by a system bent on destroying the things that once defined human beings. There, he endures the angst of withdrawal and the savage revenge of a fellow con that had once been the target of the doctor's ignorant, racist tongue. Prison, however, turns out to be less a punishment than a restorative sanctuary, for there, guided by a notorious Black Panther and a wise rabbi, he confronts a soul overburdened with contemptible sin. Set free by the truth, he becomes humanized and ultimately rejoices in the glory of redemption and resurrection. Interjected between the prison scenes, the author recounts the intimate details that spawned a personality destined for tragedy. He speaks of a childhood spent in a house of horrors, of an adolescence spent slaving in a sweatbox of a bakery, of an obtuse alcoholic father, and an abusive perfunctory mother who, with every other breath, cleverly brainwashes him into presuming he wants to become a doctor. Ill-prepared for college, he resorts to drugs and duplicity in order to propel himself to the top of his class and through the doors of the Kafkaesque training grounds of medicine. His malignant idiosyncrasies carry over into his private practice, causing it to turn into a chaos, which, thanks to a profession gripped by a conspiracy of silence, is allowed to endure for almost a decade. It was not until he cripples a myriad of lives—including those closest to him—that his scalpel is finally taken out of his trembling hands. In need of money, he offers to perform clinical trials on experimental drugs for several pharmaceutical firms. Having no patients, however, to participate in the trials, he invents them and makes a go of it until the Food and Drug Administration stumbles upon his spurious dealings. Striving to thwart their efforts, the author engages in a series of reckless, self-destructive schemes; one of which—the use of drugs and alcohol to beguile his assistant into taking responsibility for his evil—proves tragic. In an Afterword bearing on the portentous problem of Janus doctors, the author discloses that more or less 15 percent of doctors are, at any one time, addicted to alcohol, to other drugs, or to both. And, probably, because of it, kill more people than motor vehicle accidents, breast cancer, or AIDS. He discusses why the problem remains unchecked, and proffers a prescription for its solution.

This book is designed to bring the far-flung facts about Communism into a single volume. It contains a distillation of more than one hundred books and treatises—many of them written by Communist authors. It attempts to present the Communist in his true native elements, stripped of propaganda and pretense. Hence, the title, *The Naked Communist*. A panoramic study of Communism might easily degenerate into a long list of dates, names, and platitudes without helping the student to gain a genuine understanding of the history and philosophy of Marxist thought and Communism. Therefore, in this book, an attempt has been made to present Communism as the living, breathing force in the earth which it really is. The political development, the philosophy, the economic theory and the big names in international Communism have all been presented in their historical setting. This eBook includes the original index, illustrations, footnotes, table of contents and page numbering from the printed format.

The New York Times bestselling author of *Complications* examines, in riveting accounts of medical failure and triumph, how success is achieved in a complex and risk-filled profession. The struggle to perform well is universal: each one of us faces fatigue, limited resources, and imperfect abilities in whatever we do. But nowhere is this drive to do better more important than in medicine, where lives are on the line with every decision. In his new book, Atul Gawande explores how doctors strive to close the gap between best intentions and best performance in the face of obstacles that sometimes seem insurmountable. Gawande's gripping stories of diligence, ingenuity, and what it means to do right by people take us to battlefield surgical tents in Iraq, to labor and delivery rooms in Boston, to a polio outbreak in India, and to malpractice courtrooms around the country. He discusses the ethical dilemmas of doctors' participation in lethal injections, examines the influence of money on modern medicine, and recounts the astoundingly contentious history of hand washing. And as in all his writing, Gawande gives us an inside look at his own life as a practicing surgeon, offering a searingly honest firsthand account of work in a field where mistakes are both unavoidable and unthinkable. At once unflinching and compassionate, *Better* is an exhilarating journey narrated by "arguably the best nonfiction doctor-writer around" (*Salon*). Gawande's investigation into medical professionals and how they progress from merely good to great provides rare insight into the elements of success, illuminating every area of human endeavor.

Every town has its secrets. Some are too deadly to stay hidden. Chouteau County's super-rich know how to cover up a scandal, but when it comes to murder, they'd better watch their backs . . . Death investigator Angela Richman is determined to see a killer brought to justice in this sharply written and darkly entertaining mystery set in Missouri, perfect for fans of Lisa Gardner and J.A. Jance. Angela Richman, Chouteau County death investigator, finds herself deep in the Missouri woods on a perfect spring day. But there is nothing idyllic about her grim walk - a body has been discovered in a muddy creek, and Detective Jace Budewitz wants Angela on the scene. Terri Gibbons, the popular Forest High track star who went missing eight months ago, has been found strangled. Could a message found in Terri's shoe hold the key to catching her killer? Chouteau Forest is a town of privilege and secrets, where everyone has something to hide . . . Can Angela overcome the many obstacles in her way to see justice served when the Forest's wealthy residents will go to any lengths to prevent the truth being revealed?

For readers of Henry Marsh's *Do No Harm*, Paul A. Ruggieri's *Confessions of a Surgeon*, and Atul Gawande's *Better*, a pioneering surgeon shares memories from a life in one of surgery's most demanding fields. The 1980s marked a revolution in the field of organ transplants, and Bud Shaw, M.D., who studied under Tom Starzl in Pittsburgh, was on the front lines. Now retired from active practice, Dr. Shaw relays gripping moments of anguish and elation, frustration and reward, despair and hope in his struggle to save patients. He reveals harshly intimate moments of his medical career: telling a patient's husband that his wife has died during surgery; struggling to complete a twenty-hour operation as mental and physical exhaustion inch closer and closer; and flying to retrieve a donor organ while the patient waits in the operating room. Within these more emotionally charged vignettes are quieter ones, too, like growing up in rural Ohio, and being awakened late at night by footsteps in the hall as his father, also a surgeon, slipped out of the house to attend to a patient in the ER. In the tradition of Mary Roach, Jerome Groopman, Eric Topol, and Atul Gawande, *Last Night in the OR* is an exhilarating, fast-paced, and beautifully written memoir, one that will captivate readers with its courage, intimacy, and honesty.

Kate Blackwell is the symbol of success—a beautiful woman who has parlayed her inheritance into an international conglomerate. Now, celebrating her 90th birthday, Kate surveys the family she has manipulated, dominated, and loved: the fair and the grotesque, the mad and the mild, the good and the evil—her winnings in life.

Faced with the BRCA mutation—the so-called “breast cancer gene”—one woman must answer the question: When genetics can predict how we may die, how then do we decide to live? Eleven months after her mother succumbs to cancer, Jessica Queller has herself tested for the BRCA gene mutation. The results come back positive, putting her at a terrifyingly elevated risk of developing breast cancer before the age of fifty and ovarian cancer in her lifetime. Thirty-four, unattached, and yearning for marriage and a family of her own, Queller faces an agonizing choice: a lifetime of vigilant screenings and a commitment to fight the disease when caught, or its radical alternative—a prophylactic double mastectomy that would effectively restore life to her, even as it would challenge her most closely held beliefs about body image, identity, and sexuality. Superbly informed and armed with surprising wit and style, Queller takes us on an odyssey from the frontiers of science to the

private interiors of a woman's life. *Pretty Is What Changes* is an absorbing account of how she reaches her courageous decision and its physical, emotional, and philosophical consequences. It is also an incredibly moving story of what we inherit from our parents and how we fashion it into the stuff of our own lives, of mothers and daughters and sisters, and of the sisterhood that forms when women are united in battle against a common enemy. Without flinching, Jessica Queller answers a question we may one day face for ourselves: If genes can map our fates and their dark knowledge is offered to us, will we willingly trade innocence for the information that could save our lives? Praise for *Pretty Is What Changes* "By turns inspiring, sorrowful and profoundly moving. Queller's sense of humor and grace transform the most harrowing of situations into a riveting and heartfelt memoir."—Kirkus Reviews "Seamless and gripping. Readers will be rooting for Queller and her heroic decision to confront her genetic destiny."—Publishers Weekly "Jessica Queller gives us a warm, chilling, unflinching look at her personal journey of survival with style. The ending will surprise you. Her prescience is astounding. Her courage is inspirational. Brava Jessica!"—Marisa Acocella Marchetto, author of *Cancer Vixen*

In 2019, America is bordering on financial collapse after engaging in a third conflict in Iraq. On the home front, the president has provided funding for stem cell research, but medical success is overshadowed after corporate greed intervenes. The intention to benefit those with the greatest need quickly disappears as the replication process is used to clone all major organs. With the advent of cloning, the inevitable occurs when America's population reaches the saturation point. A chip is now implanted into all citizens, which signals when someone reaches the mandatory age of death. Years left on a chip are for sale, and the hunt for new chips is on. Meanwhile, overseas, the war rages, where people die irrespective of age. Lieutenant Roger DeMarco must put an end to the murder of entire innocent Iraqi villages by those who would harvest the enemy and civilians alike. Doctors are caught on opposing sides of science, and even a reality TV star becomes of national interest when he sells his chip and plans to slowly kill himself in a parade of hedonism. Progress, profit, and morality collide with stunning ferocity as America must evolve or die.

"Warning: She spares no detail!" —Erik Larson, bestselling author of *Dead Wake* A Top 10 Science Book of Fall 2017, Publishers Weekly "Fascinating and shocking." —Kirkus Reviews (starred review) The gripping story of how Joseph Lister's antiseptic method changed medicine forever In *The Butchering Art*, the historian Lindsey Fitzharris reveals the shocking world of nineteenth-century surgery on the eve of profound transformation. She conjures up early operating theaters—no place for the squeamish—and surgeons, working before anesthesia, who were lauded for their speed and brute strength. These medical pioneers knew that the aftermath of surgery was often more dangerous than their patients' afflictions, and they were baffled by the persistent infections that kept mortality rates stubbornly high. At a time when surgery couldn't have been more hazardous, an unlikely figure stepped forward: a young, melancholy Quaker surgeon named Joseph Lister, who would solve the deadly riddle and change the course of history. Fitzharris dramatically recounts Lister's discoveries in gripping detail, culminating in his audacious claim that germs were the source of all infection—and could be countered by antiseptics. Focusing on the tumultuous period from 1850 to 1875, she introduces us to Lister and his contemporaries—some of them brilliant, some outright criminal—and takes us through the grimy medical schools and dreary hospitals where they learned their art, the deadhouses where they studied anatomy, and the graveyards they occasionally ransacked for cadavers. Eerie and illuminating, *The Butchering Art* celebrates the triumph of a visionary surgeon whose quest to unite science and medicine delivered us into the modern world.

Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

This volume reveals a crucial body of work in Irish poetry, previously unavailable in North America. Beginning with a number of his precocious lyrics, written in Hartnett's teens, the volume continues through exquisite love poems and early elegies, some pastoral poems and, later, farewells to pastoral. Hartnett's celebrated declaration to write in Irish introduces a series of translations and announces the more public arguments of subsequent poems in English. The book concludes with five extended parables about salvation and the artistic life. It is undeniable evidence of a singular dedication and achievement."

A pioneering cardiac surgeon expertly sews up the heart of surgery. *The Angina Monologues* speeds from the transporting of a donor's heart up the highway's shoulder, to cautionary stories of excessive intervention gone awry in US hospitals, to a traumatic trip to bring advanced cardiac surgery to the Palestinian West Bank. Nashef tells heartstopping stories of transplants, coronary artery bypasses, aorta repair, and cardiac arrest. He also delivers humane advice about medical realities rarely observed: the futility of obsessing over diet, the necessity of calculating risks, the role of decision making, and the resilience of doctor and patient alike. Nashef is a magnificently warm and likeable doctor and writer; and he has the best imaginable bedside manner.

"I watch you all the time and you're... like my guide to this because, frankly, you really have a good take on it. You know how important it is." - President Donald Trump on Dr. Marc Siegel People are afraid. COVID-19 has upended our lives as it poses new medical dangers, economic suffering and grave uncertainty about the world around us. The collateral damage is enormous, but politics invade perception. There are so many unknowns. Does a treatment work? Is a vaccine coming? How likely are you to catch COVID and how can you best protect yourself and your family? What are the real risks and what is hysteria? Where are our fear leaders? What are their agendas? From Fox News Medical Analyst and the author of *False Alarm* (Wiley, 2008) comes *COVID and the Politics of Fear* by Marc Siegel, M.D. This shocking expose of the facts as the media covers the national pandemic news and spread of the invisible virus, reinforces the notion that we must arm ourselves against fear tactics that limit our abilities to safely make decisions and protect our families in a world of uncertainty. Life for citizens of the developed world before the pandemic was safer, easier, and healthier than for any other people in history thanks to modern medicine, science, technology, and intelligence- but COVID-19 has stolen that security and our nations peace of mind. Now there is a pandemic virus, as well as a crippling epidemic of fear sweeping America. Why? The answer, according to nationally renowned health commentator Dr. Marc Siegel, is that we already lived in an artificially created culture of fear that was just waiting to be unleashed. In *COVID and the Politics of Fear*, Siegel identifies three major catalysts of the culture of fear-- government, the media, and our own psyche. With fascinating, blow-by-blow analyses of the most sensational false alarms of the past few years, compounded now by the worst contagion of our lifetimes, he shows how fearmongers manipulate our most primitive instincts--often without our even realizing it. COVID shows us how to look behind the hype and hysteria, inoculate ourselves against these crippling fear tactics, and develop the emotional and intellectual skills needed to take back our lives even as we battle the pandemic itself.

Laid out with an introduction all about unleashing the power within....Self discipline, the book goes into short obtainable steps in a day by day fashion to help you focus, commit and achieve in only 1 month!What is self-discipline? What does it mean to lack it? Why do you think you're not as disciplined as you would like? Is it becauseYou manage your time poorly?You lack organizational skills?You lack motivation?Procrastination is your greatest enemy?You're just too lazy?What many people don't realize is that all of these issues, which they see as causes of poor self-discipline, are actually symptoms. Are you confronting one or more of them?If you're contemplating purchasing the book, then you've decided it's time for a change of significant proportions, a change that might take only 30 days to implement, but that will last you for a lifetime. Your conviction is admirable, but to undergo such a

change, you must first understand what self-discipline is and what it is not. Self-discipline is not: A personality trait that some people have and others don't. Using willpower to force yourself into action. On the contrary, self-discipline is: A skill that anyone can learn and train. becoming aware of your conscious or subconscious resistance to action and using different techniques to overcome, but not to crush that resistance. As you go through this life-changing 30 days challenge, remember that what you are doing is exercising your willpower muscle for the long run. Good luck!

A New York Times Bestseller Shortlisted for both the Guardian First Book Prize and the Costa Book Award Longlisted for the Samuel Johnson Prize for Non-Fiction A Finalist for the Pol Roger Duff Cooper Prize A Finalist for the Wellcome Book Prize A Financial Times Best Book of the Year An Economist Best Book of the Year A Washington Post Notable Book of the Year What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut into the stuff that creates thought, feeling, and reason? How do you live with the consequences of performing a potentially lifesaving operation when it all goes wrong? In neurosurgery, more than in any other branch of medicine, the doctor's oath to "do no harm" holds a bitter irony. Operations on the brain carry grave risks. Every day, leading neurosurgeon Henry Marsh must make agonizing decisions, often in the face of great urgency and uncertainty. If you believe that brain surgery is a precise and exquisite craft, practiced by calm and detached doctors, this gripping, brutally honest account will make you think again. With astonishing compassion and candor, Marsh reveals the fierce joy of operating, the profoundly moving triumphs, the harrowing disasters, the haunting regrets, and the moments of black humor that characterize a brain surgeon's life. Do No Harm provides unforgettable insight into the countless human dramas that take place in a busy modern hospital. Above all, it is a lesson in the need for hope when faced with life's most difficult decisions.

A wickedly clever satire uses comic inversions to offer telling insights into the nature of man and society. Nominated as one of America's best-loved novels by PBS's The Great American Read Gulliver's Travels describes the four voyages of Lemuel Gulliver, a ship's surgeon. In Lilliput he discovers a world in miniature; towering over the people and their city, he is able to view their society from the viewpoint of a god. However, in Brobdingnag, a land of giants, tiny Gulliver himself comes under observation, exhibited as a curiosity at markets and fairs. In Laputa, a flying island, he encounters a society of speculators and projectors who have lost all grip on everyday reality; while they plan and calculate, their country lies in ruins. Gulliver's final voyage takes him to the land of the Houyhnhnms, gentle horses whom he quickly comes to admire - in contrast to the Yahoos, filthy bestial creatures who bear a disturbing resemblance to humans. This text, based on the first edition of 1726, reproduces all the original illustrations and includes an introduction by Robert Demaria, Jr, which discusses the ways Gulliver's Travels has been interpreted since its first publication. Jonathan Swift (1667-1745) was born in Dublin. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

The Naked Surgeon The Power and Peril of Transparency in Medicine

Provides information on Lasik and PRK, the two main forms of laser surgery for the eyes, and discusses the types of conditions for which laser treatment is suitable, choosing a surgeon, enhancements, and related questions.

Conventional health care is no longer working in your favor? but thankfully, Dr. Davis is. In his New York Times bestseller Wheat Belly, Dr. William Davis changed the lives of millions of people by teaching them to remove grains from their diets to reverse years of chronic health damage. In Undoctored, he goes beyond cutting grains to help you take charge of your own health. This groundbreaking exposé reveals how millions of people are given dietary recommendations crafted by big business, are prescribed unnecessary medications, and undergo unwarranted procedures to feed revenue-hungry healthcare systems. With Undoctored, the code to health care has been cracked? Dr. Davis will help you create a comprehensive program to reduce, reverse, and cure hundreds of common health conditions and break your dependence on prescription drugs. By applying simple strategies while harnessing the collective wisdom of new online technologies, you can break free of a healthcare industry that puts profits over health. Undoctored is the spark of a new movement in health that places the individual, not the doctor, at the center. His plan contains features like: • A step-by-step guide to eliminating prescription medications • Tips on how to distinguish good medical advice from bad • 42 recipes to guide you through the revolutionary 6-week program Undoctored gives you all the tools you need to manage your own health and sidestep the misguided motives of a profit-driven medical system.

Few of the great stories of medicine are as palpably dramatic as the invention of open-heart surgery, yet, until now, no journalist has ever brought all of the thrilling specifics of this triumph to life. This is the story of the surgeon many call the father of open-heart surgery, Dr. C. Walton Lillehei, who, along with colleagues at University Hospital in Minneapolis and a small band of pioneers elsewhere, accomplished what many experts considered to be an impossible feat: He opened the heart, repaired fatal defects, and made the miraculous routine. Acclaimed author G. Wayne Miller draws on archival research and exclusive interviews with Lillehei and legendary pioneers such as Michael DeBakey and Christiaan Barnard, taking readers into the lives of these doctors and their patients as they progress toward their landmark achievement. In the tradition of works by Richard Rhodes and Tracy Kidder, King of Hearts tells the story of an important and gripping piece of forgotten science history.

What does a physician do about negative patient reviews on rate-your-doctor websites? Should doctors advertise on Google? How much should a medical practice's website cost? Are Facebook and blogging just passing fads? As medical practices face increasing business pressures in the 21st century, health care providers and executives ponder these and similar questions every day. The Totally Wired Doctor gives plain-talk answers and offers common-sense guidance to managing the formidable assortment of technology and market forces reshaping modern health care. Health providers particularly specialists need a steady flow of new patients. How and where they get them depends less on referring physicians and more on patients shopping online for information first and for doctors second. In The Totally Wired Doctor, author Ron Harman King makes Internet technology easy to understand for medical professionals, examining key elements of medical marketing, patient education and building a successful practice through the online and offline processes patients use to select health care providers. About the Author Ron Harman King is founder and CEO of Vanguard Communications, a Denver-based marketing, public relations and communications technology firm specializing in growing specialty medical practices and specialty hospitals. Through its MedMarketLink program, Vanguard has combined the disciplines of online and offline PR, strategic marketing and information technology to bring new patients to physicians from coast to coast. For more information, visit vanguardcommunications.net.

How does a boy labeled "slow" go on to graduate with honors and distinction-not only from college, but then earn a PhD and his medical degree? How does a doctor with severe colorblindness become a renowned surgeon? How does a surgeon dedicated to saving patients on the verge of death respond when told his own death is imminent? Paul Nemiroff was a boy who dreamed of becoming a doctor. Labeled slow and told he would never finish high school, he overcame numerous obstacles and went on to college, a masters, a PhD and medical school. He became a top head and neck surgeon at leading medical centers, a pioneer of hyperbaric oxygen wound treatment, a worldwide

published researcher and lecturer, an award winning TV medical correspondent, and a runner of 13 marathons. At the peak of his career, his life trajectory was abruptly altered when he received a call—he had become the patient and was told he only had two years to live—facing a crossroads of formidable choices. Undaunted, Dr. Paul discovered and experimented with a revolutionary treatment protocol that he believes has kept him alive and in reasonably good health for 15 years—allowing him to share this knowledge which he hopes will inspire others and be a catalyst in the quest for a cure.

Gathers poems, a selection from the author's autobiography, and a dozen stories about doctors, patients, errors in judgement, and breakthroughs

A mysterious messenger delivers four invitations for a round of golf to the elite of society. These four avid golfers use their power and wealth to shape life to their own depraved reality at the expense of others. The golf course is in a remote part of the world and kept secret from the public. The messenger visits a senator, army colonel, a professional baseball player and a wealthy surgeon. His presence terrifies each person he visits but they accept the exclusive invitation despite their instincts. The golfers look forward to a long weekend to indulge in the opulent amenities of the golf club but the distinguished director of the club has other plans. A lifetime membership to the club is the prize for winning the golf match. When they meet their caddies, they realize their power and wealth can't save them from the sinister secret of Goat Trails Golf Club.

The Prodigal Son is a story about Luke Bennet, a renowned cardiovascular surgeon from Boston, Massachusetts, who as a child, after experiencing the death of his father found solace in science. Due to an unforeseen circumstance, he returns to his hometown of Tremont on a forced "vacation," and faces events that make him question the sterile life he has fashioned: void of all traces of his childhood faith in God and the Catholic Church. While home Luke not only reunites with old friends, he also establishes a new relationship with the exquisitely beautiful stranger named Sophia with whom he becomes intimate. Through her unusual spiritual connection with humanity, she encourages Luke to face his faults, she helps him overcome the childhood trauma that he never healed from, and she guides him to view life in a more balanced way.

In this "brave and heartbreaking novel that digs its claws into you and doesn't let go, long after you've finished it" (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of All Your Perfects, a workaholic with a too-good-to-be-true romance can't stop thinking about her first love. Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is "a glorious and touching read, a forever keeper. The kind of book that gets handed down" (USA TODAY).

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"), others teach the value of confidence ("Law 28: Enter Action with Boldness"), and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Seeks to provide a genuinely engaging and comprehensive primer to economics that explains key concepts without technical jargon and using common-sense examples. Reprint. 20,000 first printing.

The bestselling classic that redefined our view of the relationship between beauty and female identity. In today's world, women have more power, legal recognition, and professional success than ever before. Alongside the evident progress of the women's movement, however, writer and journalist Naomi Wolf is troubled by a different kind of social control, which, she argues, may prove just as restrictive as the traditional image of homemaker and wife. It's the beauty myth, an obsession with physical perfection that traps the modern woman in an endless spiral of hope, self-consciousness, and self-hatred as she tries to fulfill society's impossible definition of "the flawless beauty."

With a Foreword by Nathaniel Philbrick, author of the bestseller *In the Heart of the Sea* If you need an appendectomy, he can do it with a stone scalpel he carved himself. If you have a condition nobody can diagnose—"creeping eruption" perhaps—he can identify what it is, and treat it. A baby with toe-tourniquet syndrome, a human leg that's washed ashore, a horse with Lyme disease, a narcoleptic falling face-first in the street, a hermit living underground—hardly anything is off-limits for Dr. Timothy J. Lepore. This is the spirited, true story of a colorful, contrarian doctor on the world-famous island of Nantucket. Thirty miles out to sea, in a strikingly offbeat place known for wealthy summer people but also home to independent-minded, idiosyncratic year-rounders, Lepore holds the life of the island, often quite literally, in his hands. He's surgeon, medical examiner, football team doctor, tick expert, unofficial psychologist, accidental homicide detective, occasional veterinarian. When crisis strikes, he's deeply involved. He's treated Jimmy Buffett, Chris Matthews, and various Kennedy relatives, but he makes house calls for anyone and lets people pay him nothing—or anything: oatmeal raisin cookies, a weather-beaten .44 Magnum, a picture of a Nepalese shaman. Lepore can be controversial and contradictory, espousing conservative views while performing abortions and giving patients marijuana cookies. He has unusual hobbies: he's a gun fanatic, roadkill collector, and concocter of pastimes like knitting dog-hair sweaters. Ultimately, *Island Practice* is about a doctor utterly essential to a community at a time when medicine is increasingly money-driven and impersonal. Can he remain a maverick even as a healthcare chain subsumes his hospital? Every community has—or, some would say, needs—a Doctor Lepore, and his island's drive to retain individuality in a cookie-cutter world is echoed across the country.

Bill Lee, an addict-hustler, travels to Mexico and then Tangier in order to find easy access to drugs, and ends up in the Interzone, a bizarre fantasy world

Pause and Reverse offers a detailed explanation of how to look 7 - 10 years younger than your actual age with specific surgical and non-surgical treatments and remedies. Dr. Kotlus' second book is the ultimate "user manual" for looking your best.

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.

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