How to Survive in Medicine: Personally and Professionally

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Medicine is a career that most people consider to be enviable. Whatever one's criteria for a good job, being a doctor ticks a lot of boxes: doctors are needed, respected, well remunerated and can make a difference between life and death. Increasingly, doctors are experiencing stress, depression and anxiety, fuelled by the increasing demands of the health services, and the lack of resources to support them.

Focusing on the causes, symptoms and management of psychological problems experienced by doctors at all stages in their careers, this book considers the difficulties and stressors of medicine as a career, linking to studies that look at what interventions are successful in the workplace and offering various solutions.

Includes:

- A study based over 20 years of doctors' stress factors
- Case histories to bring the subject to life
- Guidance on choosing a specialty, dealing with difficult people, stress and demands
- A valuable resource both for trainers and doctors alike

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