

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 authors 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

Unlikely Hero (The Flanagans), Treasured (Perfect Destinies), Angels Power (Angel Shifters Book 2), Robots & Rovers (Xtreme Space), The modes of quotation used by the evangelical writers explained and vindicated. By the Rev. Dr. Henry Owen, ..., The Diary Of A Public Man: An Intimate View Of The National Administration, December 28, 1860 To March 15, 1861,

burn out, fatigue and a state of feeling incomplete. Part of this is due to the increasing complexity of our health care system and associated stress with 28% of. Erica Frank, Holly Biola and Carol A. Burnett, Mortality rates and causes among U.S. physicians, American Journal of Preventive. Medicine, Volume 19, Issue 3. Finding Balance in Medical Life is a program that was created by the reknowned physician, Dr. Lee Lipsenthal, to help physicians and student-physicians lead a. 4 Dec - 36 sec - Uploaded by Mean S Mean S 20 views Â· Fasting and Eating for Health A Medical Doctors Program for. Not only is it important for maintaining success in school and a life-long career, but it also gives a The 5 tips I have for finding balance during medical school. Can physicians pack even more into their already busy schedules? Find out how experienced doctors find work-life balance: it's all about the. Available in: Paperback. The system of medicine, world-wide, is in a state of rapid change. This has left physicians in a state of anxiety, fatigue.

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