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Autore	Sabel Michael
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Part I The Eagle's Perspective—"Macro": Goals -- Roles -- Regeneration -- Intermezzo: You Are the Boss (of Your Life) -- Part II Boots on the Ground—"Micro"; From Goal to Action -- Sorting -- Planning Your Week -- Acute Disaster Management: Three Major Points -- Anxiety Management: The "Power of Now" Approach -- Networking -- The Mentor -- The Need for Reevaluation -- The Art to Learn from Errors -- Epilogue -- Recommended Ratings -- Recommended Video -- Recommended Software -- Reference
Sommario/riassunto	As grueling as medical studies and training are, with appropriate discipline and time management it is possible to stay afloat, maintain one's sanity, achieve one's goals, and still enjoy a fulfilling life. It is the purpose of this book to stimulate thought processes that nurture a healthy attitude toward organizing one's time and life so as to improve one's own quality of life as well as the patient's well-being.