

1. Record Nr.	UNISOBSOBE00016681
Autore	Rousseau, Jean-Jacques
Titolo	51: index des éditions, index des ouvrages cités, index des citations, index des locutions, liste des hors-texte, liste des illustrations, errata et complément / Jean Jacques Rousseau ; édition critique établie et annotée par R.A. Leigh ; établies par Janet Laming
Pubbl/distr/stampa	Oxford : Voltaire Foundation, 1995
Descrizione fisica	341 ; 24 cm
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910337487003321
Titolo	The Art and Science of Physician Wellbeing : A Handbook for Physicians and Trainees / / edited by Laura Weiss Roberts, Mickey Trockel
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2019
ISBN	3-319-42135-2
Edizione	[1st ed. 2019.]
Descrizione fisica	1 online resource (287 pages)
Disciplina	362.10425
Soggetti	Psychiatry Clinical psychology Primary care (Medicine) Public health Clinical Psychology Primary Care Medicine Public Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

## Nota di contenuto

Calling, Compassionate Self, and Cultural Norms in Medicine -- Creating a Culture of Wellness -- Compassion Cultivation -- Mistreatment -- Burnout -- The Electronic Health Record -- Financial Anxiety -- Legal Issues -- Mental Illness -- Substance Use Disorders -- Relationships -- Mindfulness -- Exercise -- Nutrition -- Sleep. .

## Sommario/riassunto

This thoughtful and timely book offers physicians and trainees a wide range of insights and strategies to help ensure not only a healthy lifestyle and sense of wellbeing but the best possible career in medicine as well. With evidence and evidence-informed practices provided by experts, this title affirms the culture of medicine while embracing the fundamental, enduring sense of physicians' calling and affirming the importance of physicians as individuals whose health and wellbeing has intrinsic value and value to others. Organized in three parts, the first part focuses on the nature of the health professions and on advancing a culture of wellbeing in medicine. The second part focuses on threats to physician wellbeing, including mistreatment during training and burnout, to name just a few. The third part outlines approaches to strengthening physician resilience, such as the sustenance drawn from healthy relationships, mindfulness approaches, and optimal approaches to exercise, nutrition and sleep. The Handbook of Personal Health and Wellbeing for Physicians and Trainees is an invaluable, handy resource for physicians and trainees. Physician assistants, nurse practitioners, clinical psychologists, and social workers will also find the work of great interest.