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Titolo	The mindful medical student [[electronic resource]] : a psychiatrist's guide to staying who you are while becoming who you want to be // Jeremy Spiegel ; foreword by Bernie Siegel
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Altri autori (Persone)	SiegelBernie S
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Sommario/riassunto	The essential primer on surviving the rigors of medical school-and thriving there-through the application of self-knowledge, self-care, and self-control