Record Nr. UNINA9910811981503321 Autore Spiegel Jeremy **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 Hanover, N.H., : Dartmouth College Press, : University Press of New Pubbl/distr/stampa England, c2009 1-283-87529-2 **ISBN** 1-58465-828-2 Descrizione fisica 1 online resource (162 p.) Altri autori (Persone) SiegelBernie S Disciplina 610.71/1 Soggetti Medical education - Psychological aspects Medical students Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Includes bibliographical references (p. 141-144). Nota di bibliografia Front Cover; More Advance Praise for ""The Mindful Medical Student""; Nota di contenuto Contents: Foreword: Preface: Introduction: I. Discovering Who You Are: 1. Finding Your True Self; 2. Gaining Awareness of Your False Self; 3. Tuning In to Acting Out; 4. Grappling with Perfectionism & Obsessive-Compulsive Behavior; II. Reinventing Yourself; 5. Bonding with Classmates for Support; 6. Consciously Creating Your Persona; 7. Handling the Difficult Personas of Others; 8. Combating Emotional Shutdown: 9. Keeping Dry amid a Flood of Ethical Dilemmas: III. Blazing a Path to Your Deeper Self 10. Dream Interpretation for First-Time Scalpel Wielders11. Synchronicities, Archetypes, & the Self as Springboards to Spiritual Knowledge: 12. Medical School as iMovie: Bibliography: Back Cover 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