

The phantom tollbooth

Juster, Norton

New York : Random House, 2015

On the surface this book is a cleverly written collection of allegory, but on closer examination, hits home with a deep exploration of character. Every time I read this book I glean a little more than I did the previous time. Full of lighthearted word play, this book is a perfect reminder that we can find deep meaning in simple humor and wit, reminding us that silly and fun things are important.

Jessica Burlile, 2LT US Air Force HPSP

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Pre: the story of America's greatest running legend, Steve Prefontaine

Jordan, Tom

Emmaus, PA : Rodale Press, 1997

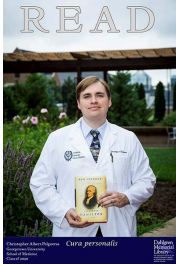
This book has impacted me in that Steve Prefontaine was a legend in the running community who passed away at a young age in his mid-twenties. He was an individual who always pushed the limits, and his famous quote was to "never sacrifice the gift" meaning you should always be looking for ways to better push yourself in whatever endeavor in life. I try to live my life by working hard every day, and striving to be the best future physician I can be similar to Pre who strived for greatness in running.

James Burns

School of Medicine

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Alexander Hamilton

Chernow, Ron

New York : Penguin Press, 2004

Reading about the life of Alexander Hamilton and the challenges he experienced helped me to develop the mentality, maturity and motivation to not only survive medical school, but also thrive here at Georgetown.

Christopher Albert Folgueras

School of Medicine

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The prince

Machiavelli, Niccolò

London : Sherwood, Nealy, and Jones, 1810

This novel truly illustrates the power of perspective in understanding a person's story. Upon first glance Machiavelli truly seems to be the sly, maniacal individual we all know him as. However, when you become aware that Machiavelli wrote the book from prison to gain favor from his new ruler, you understand his words from a different perspective. This lesson is one that proves useful today as we seek to live out Cura Personalis and learn about our whole patient, perspective and all.

James Christian

School of Medicine

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My sweet orange tree: the story of a little boy who discovered pain

Vasconcelos, José Mauro de and Allison Entrekin

London : Pushkin Press, 2018

My Sweet Orange Tree tells the story of a young boy growing up in the favelas of Brazil, but it approaches big, weighty topics like poverty and loss through the innocent perspective of a child. The author reminds the reader of what it was once like to see the world through the eyes of a child and to appreciate the small beauties that surround us. This book means the world to my mother, who grew up in Brazil, and she means the world to me. Over the years, we have bonded over this book, and it serves as a small connection back to the people and culture that shaped my mother and, consequently, me.

Ted Soo Cho

School of Medicine & McDonough School of Business
Class of 2020 MD/MBA
Georgetown University



The ghost map

Johnson, Steven

New York : Riverhead Books, 2006

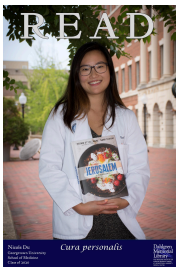
In 19th century London, where sanitation was a luxury and germ theory a myth worthy of public ridicule, Dr. John Snow pioneered a new approach integrating his medical and his public health knowledge to stop one of the worst outbreaks of our time. Contact tracing, or tracking outbreaks back to their source, and disease incidence mapping have impacted countless lives. As a former epidemiologist, I traveled to the resting place of the infamous Broad Street pump handle and was honored to add my name to the book of public health servants from all over the world who have made a pilgrimage to that same historic spot. *The Ghost Map* gave me hope that despite however bleak it may seem, there are informed, innovative professionals around the world trying to help other people.

Nellie Darling, RN GU SNHS 2011

School of Medicine

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Georgetown University



Jerusalem: A cookbook

Ottolenghi, Yotam and Sami Tamimi

Berkeley : Ten Speed Press, 2012

I love cooking, but I love eating even more. *Jerusalem: A Cookbook* changed my life because it was the first time I got to experience a story/narrative in 4D. Not only do you get to read about the food and the region and how it has impacted the authors' lives, but also you then get to cook these dishes yourself and connect with the stories on a visceral level. I think food is the ultimate diplomat, and this book affirmed my belief that you can bond with just about anyone through sharing a meal.

Nicole Du

School of Medicine

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The rise of Theodore Roosevelt

Morris, Edmund

New York : Random House, 2010

In the year after I graduated college, I was at a loss for what to do next. I was torn between a safe but unfulfilling job, or pursuing a career in medicine. The latter was daunting because it would mean serious financial risk, unknown academic challenges, and the potential for absolute failure. It was during this year, as I was trying to make this decision, that I read *The Rise of Theodore Roosevelt*. The book details the early life and career of Theodore Roosevelt, and provides the reader with a detailed picture of the traits and habits that made Roosevelt such a great and interesting man. Once described as a “steam engine in pants”, Roosevelt was not one to hide from a hard day’s work or run from a challenge. He was a dynamo, whose energy and story inspired me to pursue my dreams, to meet the challenges of life head on, and to overcome them, even if by sheer force of will alone. I was particularly inspired by Roosevelt’s incredible drive to learn. He read constantly, often reading a book a day. He never tired of discovering new things. This biography showed what one can accomplish when the desire to learn is coupled with a strong work ethic. I find in myself this same desire to know and the drive to work hard. Finally, the life of Theodore Roosevelt taught me that no matter how difficult things may be in my life, there is still good in this world to which I can contribute. As I move forward in my pursuit of medicine and my military career, I will always remember this book. When I find myself in a difficult spot, I will ask myself, “what would Teddy do in this situation?” and unless the situation involves an encounter with some wild animal, I am confident the answer to that question will be the right thing to do.

Daniel F. Gallagher, ENS US Navy HPSP

School of Medicine

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The giving tree

Silverstein, Shel

New York : Harper & Row, 1964

The Giving Tree was my favorite book as a young child. My love for reading began with my parents reading me books like *The Giving Tree*, which are memories I still hold dear.

Matthew Mark McClenathen, 2LT US Army HPSP

School of Medicine

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Americanah

Adichie, Chimamanda Ngozi
New York : Anchor Books, 2014

This is an interesting fictional story on global migration, identity, religion, and love seen through the lens of a young female Nigerian character who studied in the USA. Her narrative touches on many experiences that international students like myself encounter as we straddle two different worlds. The story is filled with lots of humor and candor, I could not put it down once I started it!

Nigel Gwini

School of Medicine
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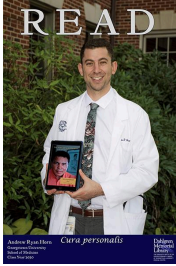
Wonder

Palacio, R.J.
New York : Alfred A. Knopf, 2014

In our busy world as medical school students, *Wonder* was the perfect easy-read to remind myself why I am working so hard. Our patients are people, with families. They are someone's brother, someone's father, someone's son. *Wonder* tells a unique story from the point of view of a pediatric patient with a craniofacial disorder. From August "Auggie" Pullman, we hear one boy's experience about what it is like living with a visible illness; how things as simple as eating breakfast, going to school, and making friends can be affected by disease. We have a responsibility as physicians under Cura Personalis to treat the spirit and the mind, in addition to, physical well-being. Auggie's story is a short rollercoaster of emotions that reminds us how a patient views himself, his history of disease, or his chronic illness has a tremendous impact on quality of life and the efficacy of their medical care.

Jessica Haladyna

School of Medicine
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The soul of a butterfly: Reflections on life's journey

Ali, Muhammad

New York : Simon & Schuster, 2013

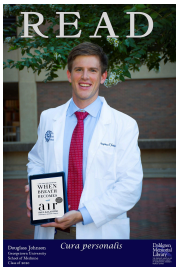
Muhammad Ali has served as my inspiration since he has always been an inspiration to my father. Ali's perseverance to do what is right while facing injustice, and his ability to stay steadfast in his morals when impossibly difficult, will continue to inspire me throughout life. "Don't count the days, make the days count" - Muhammad Ali

Andrew Horn

School of Medicine

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When breath becomes air

Kalanithi, Paul

New York : Random House, 2016

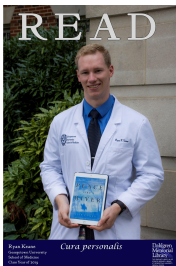
When Breath Becomes Air helped show me just how fragile life can be and taught me to appreciate every day we are given. It is an incredible example of just how fortunate we are as future physicians to one day have the opportunity to make a meaningful impact on the lives of our patients day in and day out.

Douglass Johnson

School of Medicine

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Peace like a river

Enger, Leif

New York : Grove Press, 2001

Peace Like a River is a miraculous story of choosing family above all else, doing what is right, even when it is hard, and having faith in a higher power. It is a favorite book in my family, and its story has been a guiding light in how to live my life.

Ryan Keane

School of Medicine

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The real doctor will see you shortly: How physicians are made in one terrifying, inspiring year

McCarthy, Matt

New York : Crown Publishing Group, 2015

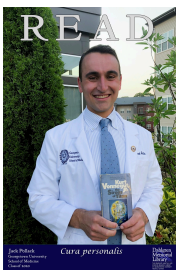
I chose this book as a reminder of two things. I can get through the highs and lows of a career in medicine if I surround myself with the right people, and working hard doesn't mean I have to lose my sense of humor.

Brian McCormick

School of Medicine

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The sirens of Titan

Vonnegut, Kurt

New York : Dell, 1971

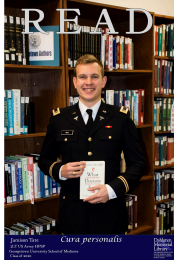
This story is chock full of unexplainable absurdity and laugh out loud ridiculousness. Each irrational moment takes our hero Malachi Constant further along a careening and often purposeless pinball voyage, which most of the time left me some combination of amused and frustrated at how purposeless his life seemed to be. Finally, at the end of his life, Constant announces, "It took us that long to realize that a purpose of human life, no matter who is controlling it, is to love whoever is around to be loved." And after an entire story that tracked his attempts and ultimate failures to control anything in his surroundings, I find the frankness of his words to be a striking reminder for my own life. Regardless of the external factors complicating our lives, it is always within our power to strive for compassion towards those around us.

Jack Pollack

School of Medicine

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What doctors feel: How emotions affect the practice of medicine

Ofri, Danielle

Boston : Beacon Press, 2014

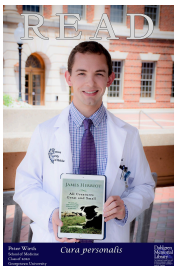
I chose this book because it really made me reevaluate the influence that emotions have upon my performance as an aspiring physician. Dr. Ofri framed the influence of emotions on medical practice, and did an impressive job of explaining how a stressful patient can have a ripple effect with impacts on the subsequent patients seen that day. What I thought was most useful from this book was learning strategies to reduce the impact that negative emotions can have on care I provide to others, and harness the helpful emotions of empathy, kindness, and respect to improve my care.

Jamison Tate, 2LT US Army HPSP

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All creatures great and small

Herriot, James

New York : St. Martin's Griffin, 2014

I read this book many years ago before I knew I wanted to pursue a career in medicine. In the first chapter, Herriot describes a wintery night when he was called at 2am to deliver a calf. He writes how the obstetrical books he read in veterinary school could not have possibly prepared him for such a delivery. At the time, I was amazed that someone could be so dedicated and passionate about their job to get out of bed to help deliver a calf in a freezing barn. It was not until medical school that I drew the connection between my fondness for the book and how closely it reflects a career in medicine.

Peter Wirth

School of Medicine

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Ask for it: How women can use the power of negotiation to get what they really want

Babcock, Linda

New York : Random House, 2008

My involvement with the Georgetown chapter of the American Medical Women's Association (AMWA) was one of the most valuable experiences of my time as a GUSOM student. Through AMWA, I came across the book *Ask For It* and learned about the importance of negotiation as a female professional. It has a message that has become central to my identity as a female planning to enter a male dominated surgical field and one that I hope will inspire female students for years to come.

Liz Zolper

School of Medicine

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Love in the time of cholera

Márquez, Gabriel García

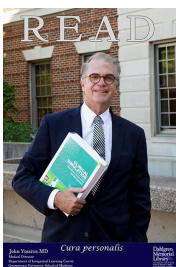
New York : Alfred A Knopf, 1988

This was the first novel that I read in a foreign language (the original Spanish version) and for me, it represents the importance of developing intellectual skills beyond the science of our daily profession. It also symbolizes my love of learning about other cultures.

Catherine Okuliar, MD

Associate Professor of Medicine / Dept of Internal Medicine

Georgetown University Medical Center



Clinical simulation

Kyle, Richard

Amsterdam : Academic Press, 2008

Simulation is arguably the most prominent innovation in medical education over the past years. Like most things, simulation can be done right, and it can be done terribly wrong. When I started in simulation, I was doing it all wrong. My simulations were a mess. They taught little and confused many. By reading, attending conferences, and asking for help, I've improved my simulation technique dramatically. Being a lifelong learner and a reader has hopefully helped many students go on to be great doctors.

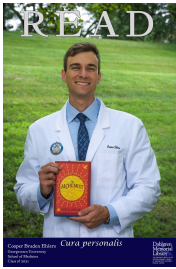
John Yosaitis, MD

Medical Director

Integrated Learning Center

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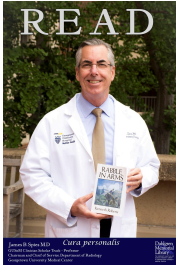


The alchemist

Coelho, Paulo
San Francisco : HarperOne, 2014

Cooper Braden Ehlers

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Rabble in arms

Roberts, Kenneth
Camden, ME : Down East Books, 1996

James Spies, MD

Professor & Chairman & Chief of Service, Dept of Radiology
Georgetown University Medical Center



Life 3.0: Being human in the age of artificial intelligence

Tegmark, Max
New York : Alfred A. Knopf, 2017

Marian Wulf-Gutierrez, MD

Professor & Assistant Dean for Clinical Education
Obstetrics and Gynecology / Office of Medical Education
Georgetown University Medical Center

**DAHLGREN MEMORIAL LIBRARY READ
COMMITTEE 2018**

Emily Alagha

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