

Books are organized by content here. Scroll down for detailed descriptions of each book.

Book Title	Social Justice	Written by Doctors/ Healthcare Professionals	History of Medicine/ Healthcare	Preventive Healthcare, Healing & Wellness	Religious/ spiritual/ existential	Provider-Patient Relationship	Provider Wellbeing & Self-Care
<i>Anatomy of an Epidemic</i>			X				
<i>An Elegant Defense</i>			X	X			
<i>An Imperfect Offering</i>		X				X	
<i>A Not Entirely Benign Procedure</i>		X				X	
<i>Attending</i>		X		X		X	X
<i>Battling over Birth</i>	X		X				
<i>Being Mortal</i>		X			X	X	
<i>Better</i>		X					
<i>Birth Trauma</i>				X			
<i>Birthing Justice</i>	X		X				
<i>Black and Blue</i>	X		X			X	
<i>Black Man in a White Coat</i>	X	X	X			X	
<i>Blackness and Disability</i>	X		X				
<i>Complications</i>		X					
<i>Critical Care</i>		X			X	X	
<i>Designing Your Life</i>							X
<i>Diabetes: A History of Race and Disease</i>	X		X				
<i>Do No Harm: Stories of Life, Death, and Brain Surgery</i>		X			X		
<i>Doctored</i>		X					
<i>Food Fix</i>	X	X	X	X			

<i>Fragile Beginnings</i>		X				X	
<i>Fresh Fruit, Broken Bodies</i>	X	X					
<i>Healthcare Delivery</i>	X		X				
<i>Heart in the Right Place</i>						X	
<i>Hoping to Help</i>	X						
<i>How Doctors Think</i>		X				X	
<i>How We Die: Reflections of Life's Final Chapters</i>		X			X		
<i>Hundreds of Interlaced Fingers: A Kidney Doctor's Search for the Perfect Match</i>		X			X	X	
<i>In Shock</i>		X		X	X		
<i>Intern</i>		X					
<i>Killing the Black Body</i>	X		X				
<i>Kitchen Table Wisdom</i>		X		X	X		
<i>Learning to Play God</i>		X					X
<i>Letter to a Young Female Physician</i>	X	X	X		X		X
<i>Living and Dying in Brick City</i>	X	X					
<i>Medical Apartheid</i>	X		X				
<i>Medical Bondage</i>	X		X			X	
<i>Mountains Beyond Mountains</i>	X		X				
<i>My Own Country: A Doctor's Story</i>		X	X		X		
<i>Nickel & Dime</i>	X						
<i>One Thousand Naked Strangers</i>		X					
<i>On the Ragged Edge of Medicine</i>	X	X					

<i>Open Heart: A Cardiac Surgeon's Stories of Life and Death on the Operating Table</i>		X			X	X	
<i>Pathologies of Power</i>	X	X	X				
<i>Pregnancy and Power</i>	X		X				
<i>Radical Reproductive Justice: Foundations, Theory, Practice, Critique</i>	X						
<i>Reflection in Global Health</i>	X	X				X	
<i>Reproductive Justice</i>	X		X				
<i>Seeing Patients: Unconscious Bias in Healthcare</i>	X	X	X			X	
<i>Small Great Things</i>	X					X	
<i>Stiff</i>			X				
<i>Tattoos on the Heart</i>	X				X		
<i>Teeth: Beauty, Inequality, and the Struggle for Oral Health in America</i>	X		X				
<i>The Beauty in Breaking</i>	X	X		X			X
<i>The Body Keeps the Score</i>		X		X			
<i>The Checklist Manifesto</i>		X					
<i>The Empathy Exams</i>	X			X		X	
<i>The Emperor of All Maladies</i>		X	X				
<i>The First Cell</i>		X	X	X	X		X
<i>The Good Doctor</i>		X	X			X	
<i>The Healthcare Handbook</i>		X					
<i>The Immortal Life of Henrietta Lacks</i>	X		X		X		
<i>The Laws of Medicine</i>		X					
<i>The Long Fix</i>		x		x		x	
<i>The Man who Mistook his</i>		X	X	X		X	

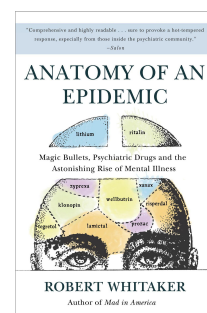
<i>Wife for a Hat</i>							
<i>The Measure of our Days</i>		X		X	X	X	
<i>The Real Doctor Will See You Shortly: A Physician's First Year</i>		X				X	X
<i>The Scalpel and the Silver Bear</i>	X	X	X	X	X		
<i>The Shift</i>		X					
<i>The Soul of a Doctor: Harvard Medical Students Face Life and Death</i>		X					
<i>The Spirit Catches You and You Fall Down</i>	X		X		X	X	
<i>The Ten Year War</i>	X		X				
<i>The Work</i>	X				X		
<i>Treatment Kind and Fair</i>		X				X	
<i>Unconventional Medicine</i>			X	X		X	
<i>What Doctors Feel</i>		X				X	X
<i>What Patients Say, What Doctors Hear</i>		X				X	
<i>When Breath Becomes Air</i>		X			X	X	
<i>Womb With a View</i>		X					
<i>Working the Roots</i>	X		X	X			

Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America

By Robert Whitaker

In this astonishing and startling book, award-winning science and history writer Robert Whitaker investigates a medical mystery: Why has the number of disabled mentally ill in the United States tripled over the past two decades? Every day, 1,100 adults and children are added to the government disability rolls because they have become newly disabled by mental illness, with this epidemic spreading most rapidly among our nation's children. What is going on?

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An Elegant Defense: The Extraordinary New Science of the Immune System: A Tale in Four Lives

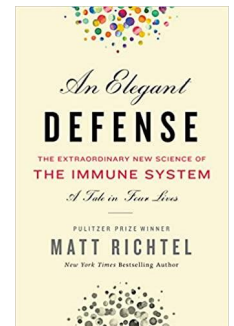
By Matt Richtel

From *New York Times* science journalist Matt Richtel, *An Elegant Defense* is an acclaimed and definitive exploration of the immune system and the secrets of health. Interweaving cutting-edge science with the

intimate stories of four individual patients, this epic, first-of-its-kind book “give[s] lay readers a means of understanding what’s known so far about the intricate biology of our immune systems” (*The Week*).

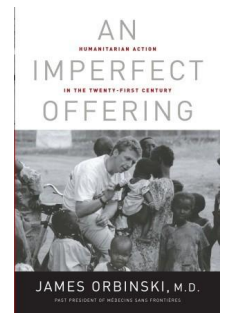
The immune system is our body’s essential defense network, a guardian vigilantly fighting illness, healing wounds, maintaining order and balance, and keeping us alive. It has been honed by evolution over millennia to face an almost infinite array of threats. For all its astonishing complexity, however, the immune system can be easily compromised by fatigue, stress, toxins, advanced age, and poor nutrition—hallmarks of modern life—and even by excessive hygiene. Paradoxically, it is a fragile wonder weapon that can turn on our own bodies with startling results, leading today to epidemic levels of autoimmune disorders.

An Elegant Defense effortlessly guides readers on a scientific detective tale winding from the Black Plague to twentieth-century breakthroughs in vaccination and antibiotics, to today’s laboratories that are revolutionizing immunology—perhaps the most extraordinary and consequential medical story of our time. Drawing on extensive new interviews with dozens of world-renowned scientists, Richtel has produced a landmark book, equally an investigation into the deepest riddles of survival and a profoundly human tale that is movingly brought to life through the eyes of his four main characters, each of whom illuminates an essential facet of our “elegant defense.”



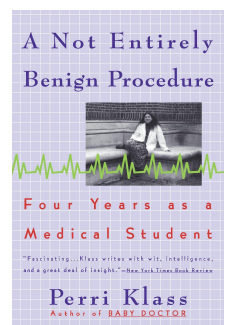
An Imperfect Offering: Humanitarian Action in the 21st Century **By James Orbinski**

In 1988, James Orbinski, then a medical student in his twenties, embarked on a year-long research trip to Rwanda, a trip that would change who he would be as a doctor and as a man. Investigating the conditions of pediatric AIDS in Rwanda, James confronted widespread pain and suffering, much of it preventable, much of it occasioned by political and economic corruption. Fuelled by the injustice of what he had seen in Rwanda, Orbinski helped establish the Canadian chapter of Médecins Sans Frontières (Doctors Without Borders/MSF). As a member of MSF he travelled to Peru during a cholera epidemic, to Somalia during the famine and civil war, and to Jalalabad, Afghanistan.



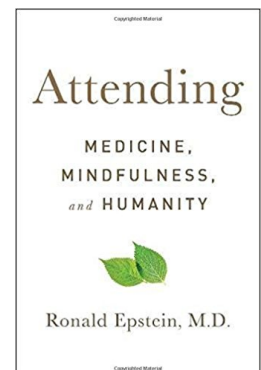
A Not Entirely Benign Procedure **By Perri Klass**

Acclaimed pediatrician, journalist, and novelist Perri Klass offers a provocative look at the ups and downs of medical school - from those first exams to the day she became a doctor. In a direct, candid style, Klass shares what it is like to be a first-time mother while attending med school; the unique lingo of the med student; how to deal with every bodily fluid imaginable; and the humor and heartbreak of working with patients. With this collection of essays, Klass established herself as a go-to voice for a generation of med students and doctors, with her frank and witty perspective. Klass also brings a proven ability to make the medical world accessible to the lay reader, through her extensive literary and journalistic experience



Attending: Medicine, Mindfulness, and Humanity **By Ronald Epstein**

In *Attending*, his first book, Dr. Epstein builds on his world-renowned, innovative programs in mindful practice and uses gripping and deeply human clinical stories to give patients a language to describe what they value most in health care and to outline a road map for doctors and other health care professionals to refocus their approach to medicine. Drawing on his clinical experiences and current research, and exploring four foundations of mindfulness—Attention, Curiosity, Beginner’s Mind, and Presence—Dr. Epstein introduces a revolutionary concept: by looking inward, health care practitioners can grow their capacity to provide high-quality care and the resilience to be there when their patients need them. The commodification of health care has shifted doctors’ focus away from the healing of patients to

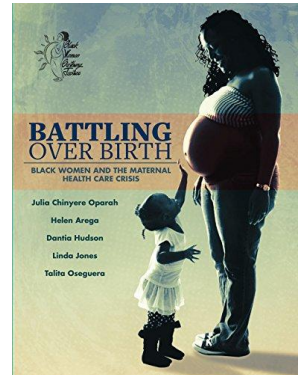


the bottom line. Clinician burnout is at an all-time high. *Attending* is the antidote. With compassion and intelligence, Epstein offers a crucial, timely book that shows us how we can restore humanity to medicine, guides us toward a better overall quality of care, and reminds us of what matters most. [Click here](#) to purchase from a Black-owned bookstore.

Battling Over Birth: Black Women and the Maternal Health Care Crisis
By Julia Chinyere Oparah, Helen Arega, Dantia Hudson, Linda Jones (Of Black Women Birthing Justice)

Battling Over Birth, a new human rights report from Black Women Birthing Justice, shares stories from over 100 women who recently gave birth in California. The report reveals the culture of fear and coercion that has transformed birth into a battleground, a deep lack of trust of our hospitals, and a broken maternal health-care system that fails too many black women. The report shakes up our understanding of where state violence happens, and who it happens to; putting the human rights spotlight onto a system that is often unaccountable to black communities. *Battling Over Birth* also provides solutions. The report shares positive experiences by black women, and identifies best practices based on their experiences. It makes a series of recommendations, including community accountability boards to hold hospitals accountable; increased access to midwifery and doula-care; recruitment and training of more health-care professionals of color; culturally-competent, empowering prenatal and postpartum care; greater access to home birth and birth centers; and a sharp reduction in the use of C-sections.

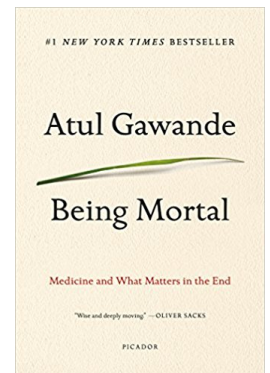
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Being Mortal: Medicine and What Matters in the End
By Atul Gawande

Medicine has triumphed in modern times, transforming the dangers of childbirth, injury, and disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should. Through eye-opening research and gripping stories of his own patients and family, Gawande reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients' anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them. In his bestselling books, Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Now he examines its ultimate limitations and failures-in his own practices as well as others'-as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life-all the way to the very end.

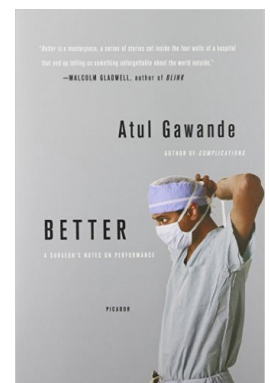
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Better: A Surgeon's Notes on Performance
By Atul Gawande

The struggle to perform well is universal: each of us faces fatigue, limited resources, and imperfect abilities in whatever we do. But nowhere is this drive to do better more important than in medicine, where lives may be on the line with any decision. Atul Gawande, the *New York Times* bestselling author of *Complications*, examines, in riveting accounts of medical failure and triumph, how success is achieved in this complex and risk-filled profession. At once unflinching and compassionate, *Better* is an exhilarating journey, narrated by "arguably the best nonfiction doctor-writer around."

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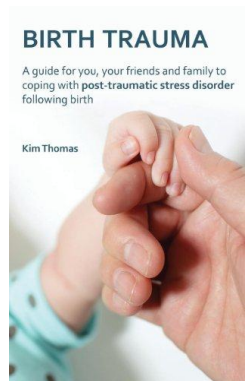


Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth

By Kim Thomas

Birth ought to be a joyful experience: for some women, however, it is anything but. Women who have experienced a medical emergency during birth often find that the memory of it doesn't go away just because a healthy baby has been delivered. They experience the symptoms of post-traumatic stress disorder: flashbacks, sleeplessness, nightmares or extreme anxiety. Some go out of their way to avoid being reminded of the birth, and they may find it difficult to bond with their baby. Post-traumatic stress disorder after birth, known more simply as 'birth trauma', affects at least 10,000 women every year in England and Wales. Yet the condition is poorly misunderstood and women suffering from birth trauma often do not receive the treatment or support they need. They may be misdiagnosed as suffering from postnatal depression, and many find that friends and family, instead of being supportive, simply tell them to pull themselves together. This valuable and fascinating book explains everything you and your family and friends need to know about birth trauma: what causes it, how it affects your personal relationships, how to treat it and where to find support. Using the powerful personal stories of women who have suffered birth trauma and overcame it, this book shows that it is possible to go through this difficult experience and come out the other side. A percentage of all royalties is donated to charity.

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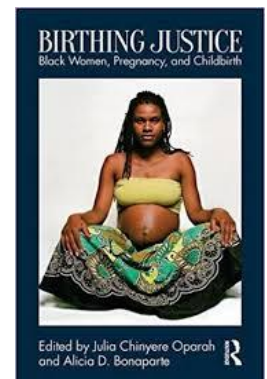


Birthing Justice: Black Women, Pregnancy, and Childbirth

By Julia Chinyere Oparah (Edited by Alicia D. Bonaparte)

There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women's voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women's agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives, one birth at a time.

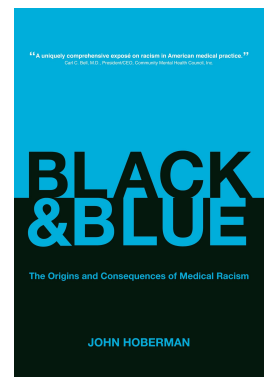
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Black and Blue: The Origins and Consequences of Medical Racism

By John Hoberman

Black & Blue penetrates the physician's private sphere where racial fantasies and misinformation distort diagnoses and treatments. Doctors have always absorbed the racial stereotypes and folkloric beliefs about racial differences that permeate the general population. Within the world of medicine this racial folklore has infiltrated all of the medical sub-disciplines, from cardiology to gynecology to psychiatry. Doctors have thus imposed white or black racial identities upon every organ system of the human body, along with racial interpretations of black children, the black elderly, the black athlete, black musicality, black pain thresholds, and other aspects of black minds and bodies. The American medical establishment does not readily absorb either historical or current information about medical racism. For this reason, racial enlightenment will not reach medical schools until the current race-averse curricula include new historical and sociological perspectives.

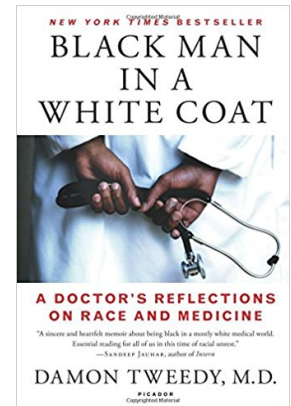


Black Man in a White Coat

By Damon Tweedy

When Damon Tweedy begins medical school, he envisions a bright future where his segregated, working-class background will become largely irrelevant. Instead, he finds that he has joined a new world where race is front and center. The recipient of a scholarship designed to increase black student enrollment, Tweedy soon meets a professor who bluntly questions whether he belongs in medical school, a moment that crystallizes the challenges he will face throughout his career. Making matters worse, in lecture after lecture the common refrain for numerous diseases resounds, “More common in blacks than in whites. *Black Man in a White Coat* examines the complex ways in which both black doctors and patients must navigate the difficult and often contradictory terrain of race and medicine. As Tweedy transforms from student to practicing physician, he discovers how often race influences his encounters with patients. Through their stories, he illustrates the complex social, cultural, and economic factors at the root of many health problems in the black community. These issues take on greater meaning when Tweedy is himself diagnosed with a chronic disease far more common among black people. In this powerful, moving, and deeply empathic book, Tweedy explores the challenges confronting black doctors, and the disproportionate health burdens faced by black patients, ultimately seeking a way forward to better treatment and more compassionate care.

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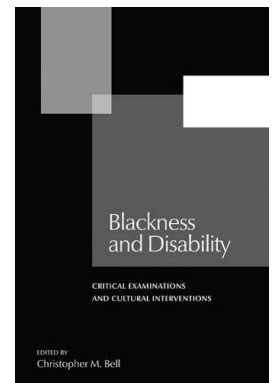


Blackness and Disability: Critical Examinations and Cultural Interventions

Edited By Christopher M. Bell

Disability Studies diverge from the medical model of disability (which argues that disabled subjects can and should be “fixed”) to view disability as socially constructed, much in the same way other identities are. The work of reading black and disabled bodies is not only recovery work, but work that requires a willingness to deconstruct the systems that would keep those bodies in separate spheres. This pivotal volume uncovers the misrepresentations of black disabled bodies and demonstrates how those bodies transform systems and culture. Drawing on key themes in Disability Studies and African American Studies, these collected essays complement one another in interesting and dynamic ways, to forge connections across genres and chronotopes, an invitation to keep blackness and disability in conversation. With an analysis of disability as a result of war, studies of cognitive impairment and slavery in fiction, representations of slavery and violence in photography, deconstructions of illness (cancer and AIDS) narratives, comparative analyses of black and Latina/o and black and African subjects, analysis of treatments of disability in hip-hop, and commentary on disability, blackness, and war, this volume shows that the historical lines of demarcation in this field are permeable and should be challenged.

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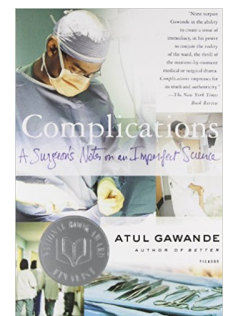


Complications: A Surgeon's Notes on an Imperfect Science

By Atul Gawande

In gripping accounts of true cases, surgeon Atul Gawande explores the power and the limits of medicine, offering an unflinching view from the scalpel's edge. *Complications* lays bare a science not in its idealized form but as it actually is—uncertain, perplexing, and profoundly human.

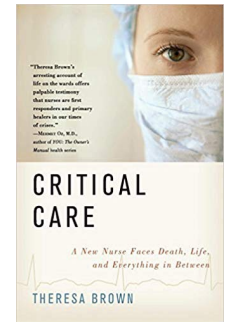
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Critical Care: A New Nurse Faces Death, Life, and Everything in Between **By Theresa Brown**

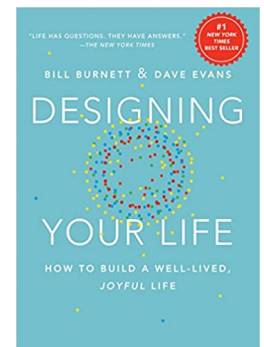
In her former career as an English professor, Theresa Brown had been shielded from the harsh reality of death. That all changed the day she decided to become an oncology nurse. In *Critical Care*, Theresa writes powerfully and honestly about her first year on the hospital floor. With great compassion and a disarming sense of humor, she shares the trials and triumphs of her patients and comes to realize that caring for a patient means much more than simply treating a disease. Deeply moving and, at times, sobering, *Critical Care* sheds light on the issues of mortality and meaning in our lives.

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Designing Your Life: How to Build a Well-Lived, Joyful Life **By Bill Burnett and Dave Evans**

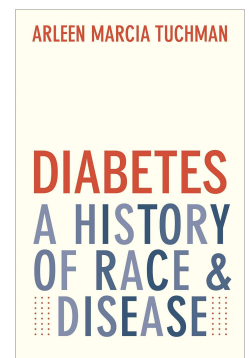
At last, a book that shows you how to build—*design*—a life you can thrive in, at any age or stage. Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to *design and build* your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.



Diabetes: A History of Race and Disease **By Arleen Marcia Tuchman**

Who is considered most at risk for diabetes, and why? In this thorough, engaging book, historian Arleen Tuchman examines and critiques how these questions have been answered by both the public and medical communities for over a century in the United States. Beginning in the late nineteenth century, Tuchman describes how at different times Jews, middle-class whites, American Indians, African Americans, and Hispanic Americans have been labeled most at risk for developing diabetes, and that such claims have reflected and perpetuated troubling assumptions about race, ethnicity, and class. She describes how diabetes underwent a mid-century transformation in the public's eye from being a disease of wealth and “civilization” to one of poverty and “primitive” populations. In tracing this cultural history, Tuchman argues that shifting understandings of diabetes reveal just as much about scientific and medical beliefs as they do about the cultural, racial, and economic milieus of their time.

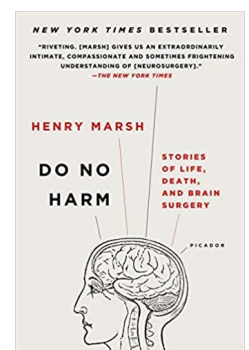
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Do No Harm: Stories of Life, Death, and Brain Surgery **By Henry Marsh**

What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut into the stuff that creates thought, feeling and reason? How do you live with the consequences of performing a potentially lifesaving operation when it all goes wrong?

With astonishing compassion and candor, leading neurosurgeon Henry Marsh reveals the fierce joy of operating, the profoundly moving triumphs, the harrowing disasters, the haunting regrets and the moments of black humor that characterize a brain surgeon's life. *Do No Harm* provides unforgettable insight into the countless human dramas that take place in a busy modern hospital. Above all, it is a lesson in the need for hope when faced with life's most difficult decisions.

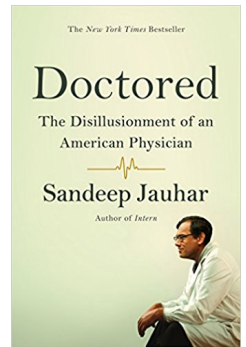


Doctored

By Sandeep Jauhar

Hoping for the stability he needs to start a family, Jauhar accepts a position at a massive teaching hospital on the outskirts of Queens. With a decade's worth of elite medical training behind him, he is eager to settle down and reap the rewards of countless sleepless nights. Instead, he is confronted with sobering truths. Doctors' morale is low and getting lower. Blatant cronyism determines patient referrals, corporate ties distort medical decisions, and unnecessary tests are routinely performed in order to generate income. Meanwhile, a single patient in Jauhar's hospital might see fifteen specialists in one stay and still fail to receive a full picture of his actual condition. Provoked by his unsettling experiences, Jauhar has written an introspective memoir that is also an impassioned plea for reform. With American medicine at a crossroads, "Doctored" is the important work of a writer unafraid to challenge the establishment and incite controversy.

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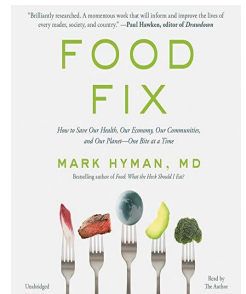


Food Fix: How to Save Our Health, Our Economy, Our Communities, and Our Planet - One Bite at a Time

By Mark Hyman

What we eat has tremendous implications not just for our waistlines, but also for the planet, society, and the global economy. What we do to our bodies, we do to the planet; and what we do to the planet, we do to our bodies. In *Food Fix*, #1 bestselling author Mark Hyman explains how our food and agriculture policies are corrupted by money and lobbies that drive our biggest global crises: the spread of obesity and food-related chronic disease, climate change, poverty, violence, educational achievement gaps, and more. Pairing the latest developments in nutritional and environmental science with an unflinching look at the dark realities of the global food system and the policies that make it possible, *Food Fix* is a hard-hitting manifesto that will change the way you think about - and eat - food forever, and will provide solutions for citizens, businesses, and policy makers to create a healthier world, society, and planet.

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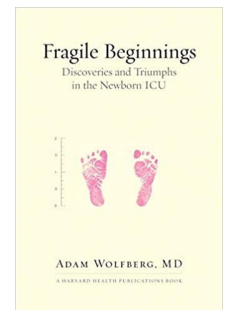


Fragile Beginnings: Discoveries and Triumphs in the Newborn ICU

By Adam Wolfberg

Half a million babies are born prematurely in the United States every year. In this gripping medical narrative, Dr. Adam Wolfberg brings readers into the complex world of newborn intensive care, where brilliant but imperfect doctors do all they can to coax life into their tiny, injured patients. As a specialist in high-risk obstetrics and the father of a child born prematurely, Wolfberg explores the profound questions raised by such fragile beginnings, both from the front lines of the NICU and from his daughter's bedside.

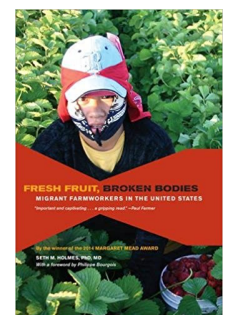
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Fresh Fruit, Broken Bodies: Migrant Farmworkers in the United States

By Seth Holmes

Fresh Fruit, Broken Bodies provides an intimate examination of the everyday lives and suffering of Mexican migrants in our contemporary food system. An anthropologist and MD in the mold of Paul Farmer and Didier Fassin, Holmes shows how market forces, anti-immigrant sentiment, and racism undermine health and health care. Holmes's material is visceral and powerful. He trekked with his companions illegally through the desert into Arizona and was jailed with them before they were deported. He lived with indigenous families in the mountains of Oaxaca and in farm labor camps in the U.S., planted and harvested corn, picked strawberries, and accompanied sick workers to clinics and hospitals. This "embodied anthropology" deepens our theoretical understanding of the ways in which social inequalities and suffering come to be

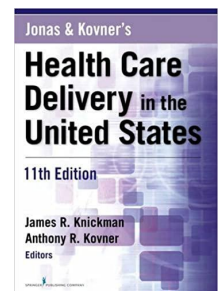


perceived as normal and natural in society and in health care.
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Health Care Delivery in the United States

By James R. Knickman and Anthony R. Kovner

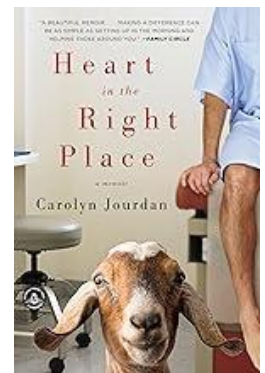
This fully updated and revised 11th edition of a highly esteemed survey and analysis of health care delivery in the United States keeps pace with the rapid changes that are reshaping our system. Fundamentally, this new edition presents the realities that impact our nation's achievement of the so-called Triple Aim: better health and better care at a lower cost. It addresses challenges and responses to the Affordable Care Act (ACA), the implementation of Obamacare, and many new models of care designed to replace outmoded systems. Leading scholars, practitioners, and educators within population health and medical care present the most up-to-date evidence-based information on health disparities, vulnerable populations, and immigrant health; nursing workforce challenges; new information technology; preventive medicine; emerging approaches to control health care costs; and much more.



Heart in the Right Place

By Carolyn Jourdan

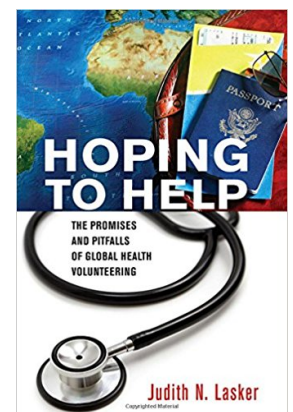
Carolyn Jourdan, an attorney on Capitol Hill, thought she had it made. But when her mother has a heart attack, she returns home—to the Tennessee mountains, where her father is a country doctor and her mother works as his receptionist. Jourdan offers to fill in for her mother until she gets better. But days turn into weeks as she trades her suits for scrubs and finds herself following hazmat regulations for cleaning up bodily fluids; maintaining composure when confronted with a splinter the size of a steak knife; and tending to the loquacious Miss Hiawatha, whose daily doctor visits are never billed. Most important, though, she comes to understand what her caring and patient father means to her close-knit community. With great humor and great tenderness, *Heart in the Right Place* shows that some of our biggest heroes are the ones living right beside us.



Hoping to Help: The Promises and Pitfalls of Global Health Volunteering

By Judith Lasker

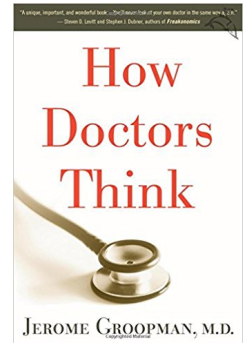
Overseas volunteering has exploded in numbers and interest in the last couple of decades. Every year, hundreds of thousands of people travel from wealthier to poorer countries to participate in short-term volunteer programs focused on health services. *Hoping to Help* is the first book to offer a comprehensive assessment of global health volunteering, based on research into how it currently operates, its benefits and drawbacks, and how it might be organized to contribute most effectively. Given the enormous human and economic investment in these activities, it is essential to know more about them and to understand the advantages and disadvantages for host communities. Most people assume that poor communities benefit from the goodwill and skills of the volunteers. Volunteer trips are widely advertised as a means to "give back" and "make a difference." In contrast, some claim that health volunteering is a new form of colonialism, designed to benefit the volunteers more than the host communities. Others focus on unethical practices and potential harm to the presumed "beneficiaries." Judith N. Lasker evaluates these opposing positions and relies on extensive research—interviews with host country staff members, sponsor organization leaders, and volunteers, a national survey of sponsors, and participant observation—to identify best and worst practice.
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How Doctors Think

By Jerome Groopman

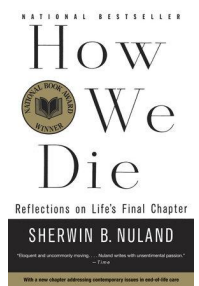
On average, a physician will interrupt a patient describing her symptoms within eighteen seconds. In that short time, many doctors decide on the likely diagnosis and best treatment. Often, decisions made this way are correct, but at crucial moments they can also be wrong -- with catastrophic consequences. In this myth-shattering book, Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can -- with our help -- avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health. This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. [Click here](#) to purchase from a Black-owned bookstore.



How We Die: Reflections on Life's Final Chapter

By Sherwin B. Nuland

A runaway bestseller and National Book Award winner, Sherwin Nuland's *How We Die* has become the definitive text on perhaps the single most universal human concern: death. This new edition includes an all-embracing and incisive afterword that examines the current state of health care and our relationship with life as it approaches its terminus. It also discusses how we can take control of our own final days and those of our loved ones. [Click here](#) to purchase from a Black-owned bookstore.

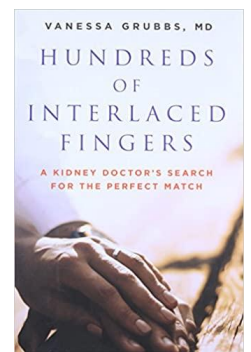


Hundreds of Interlaced Fingers: A Kidney Doctor's Search for the Perfect Match

By Vanessa Grubbs

A young, hopeful doctor's memoir—an unforgettable love story and an informative journey into the world of medicine and kidney transplantation that ultimately asks: What does it mean to let go of something that you love, even if it is life itself?

When Vanessa fell in love with Robert, she had no idea that the relationship would thoroughly transform her life. Robert suffered from end-stage kidney disease, which required him to endure years of debilitating dialysis to stay alive, at least until his failed organ could be replaced by a kidney transplant. Although Vanessa was a primary care doctor, she developed a deeper understanding of the difficulties Robert faced with dialysis and in finding a donor. Despite their being early in their relationship, she volunteered one of her own kidneys—and discovered that she was a match. This life-affirming experience forged a bond that would become a pillar of Vanessa and Robert's marriage—and the beginning of her new career.

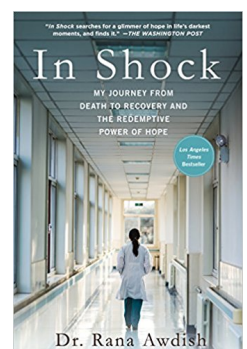


Motivated by Robert's experience and her newfound knowledge, Vanessa became a nephrologist—a kidney doctor—and discovered far more about the realities of the specialty. Shaped by Vanessa's remarkable experiences as a doctor, a woman of color, a mother, and a kidney donor, *Hundreds of Interlaced Fingers* is a love story, an exposé, and a clarion call for us all to consider the dualities of both loving and letting go.

In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope

By Rana Awdish

In Shock is a riveting first-hand account from a young critical care physician, who in the passage of a moment is transfigured into a dying patient. This transposition, coincidentally timed at the end of her medical training, instantly lays bare the vast chasm between the

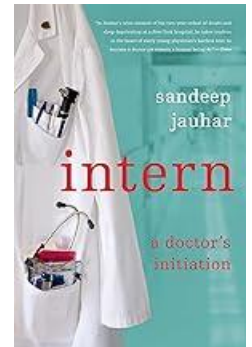


conventional practice of medicine and the stark reality of the prostrate patient. Hauntingly perceptive and beautifully written, it allows the reader to transform alongside her, and watch what she discovers in our carefully cultivated, yet often misguided standard of care. The author demonstrates through engaging narrative and laser-sharp wit how the unbearable is borne. She comes to understand the fatal flaws in her profession and in her own past actions as a physician. She also achieves, through unflinching presence, a crystalline vision of a new and better possibility.

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Intern: A Doctor's Initiation **By Sabdeep Jauhar**

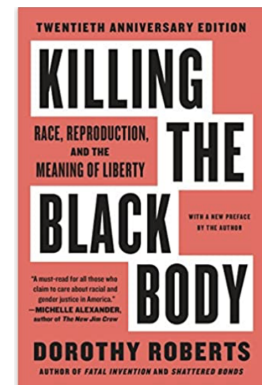
Intern is Dr. Sandeep Jauhar's story of his days and nights in residency at a busy hospital in New York City, a trial that led him to question his every assumption about medical care today. Residency—and especially its first year, the internship—is legendary for its brutality, and Jauhar's experience was even more harrowing than most. He switched from physics to medicine in order to follow a more humane calling—only to find that his new profession often had little regard for patients' concerns. He struggled to find a place among squadrons of cocky residents and doctors. He challenged the practices of the internship in *The New York Times*, attracting the suspicions of the medical bureaucracy. Then, suddenly stricken, he became a patient himself—and came to see that today's high-tech, high-pressure medicine can be a humane science after all. Jauhar's beautifully written memoir explains the inner workings of modern medicine with rare candor and insight.



Killing The Black Body **By Dorothy E. Roberts**

In "Killing the Black Body," Dorothy Roberts gives a powerful and authoritative account of the on-going assault - both figurative and literal - waged by the American government and our society on the reproductive rights of Black women. From an intersection of charged vectors (race, gender, motherhood, abortion, welfare, adoption, and the law), Roberts addresses in her impassioned book such issues as: the notion of prenatal property imposed upon slave women by white masters; the unsavory association between birth control champion Margaret Sanger and the eugenics movement of the 1920s; the coercive sterilization of Black women (many of whom were unaware that they had undergone the procedure) under government welfare programs as late as the 1970s; the race and class implications of distributing risky, long-acting contraceptives, such as Norplant, through Medicaid; the rendering of reproduction as a crime of prosecuting women who expose their fetuses to drugs; the controversy over transracial adoption; the welfare debate (who should pay for reproduction?); and the promotion of the new birth technology (in vitro fertilization and egg donation) to serve infertile white couples.

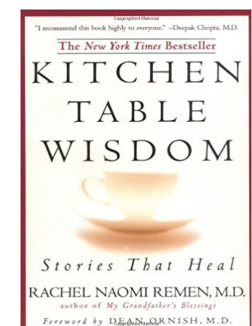
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Kitchen Table Wisdom **By Rachel Naomi Remen**

Enthusiastically praised by everyone from Bernie Siegel to Daniel Goleman to Larry Dossey, Rachel Remen has a unique perspective on healing rooted in her background as a physician, a professor of medicine, a therapist, and a long-term survivor of chronic illness. A deeply moving and down-to-earth collection of true stories, this prominent physician shows us life in all its power and mystery and reminds us that the things we cannot measure may be the things that ultimately sustain and enrich our lives. Kitchen Table Wisdom addresses spiritual issues-suffering, meaning, love, faith, courage, and miracles-in the language and authority of our own life experience.

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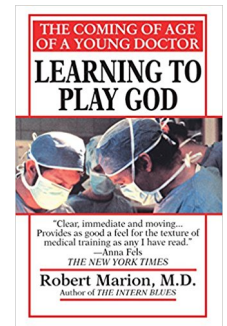


Learning to Play God: The Coming of Age of a Young Doctor

By Robert Marion

In the course of twenty gripping, illuminating, and extraordinarily candid stories, Dr. Marion reveals the dehumanizing, slightly insane, and often brutal process of medical training. You will experience not only the intense pressure and chronic exhaustion of the doctor-to-be, but also the price the patient must often pay. While each story stands alone as an adventure in medicine, taken together they are a call to change. With profound eloquence and compassion, Dr. Marion explores ways in which to assure that humanity and idealism survive the grueling and destructive path to technical competency.

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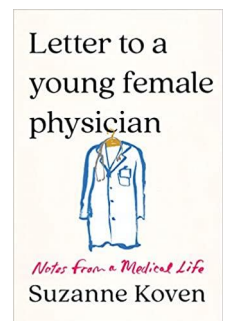


Letter to a Young Female Physician: Notes From a Medical Life

By Suzanne Koven

In 2017, Dr. Suzanne Koven published an essay describing the challenges faced by female physicians, including her own personal struggle with "imposter syndrome"—a long-held secret belief that she was not smart enough or good enough to be a “real” doctor. Accessed by thousands of readers around the world, Koven’s “Letter to a Young Female Physician” has evolved into a deeply felt reflection on her career in medicine.

Koven tells candid and illuminating stories about her pregnancy during a grueling residency in the AIDS era; the illnesses of her child and aging parents during which her roles as a doctor, mother, and daughter converged, and sometimes collided; the sexism, pay inequity, and harassment that women in medicine encounter; and the twilight of her career during the COVID-19 pandemic. As she traces the arc of her life, Koven finds inspiration in literature and faces the near-universal challenges of burnout, body image, and balancing work with marriage and parenthood.



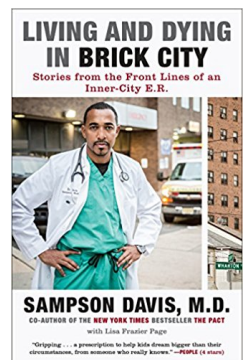
Shining with warmth, clarity, and wisdom, *Letter to a Young Female Physician* reveals a woman forging her authentic identity in a modern landscape that is as overwhelming and confusing as it is exhilarating in its possibilities. Koven offers an indelible account, by turns humorous and profound, from a doctor, mother, wife, daughter, teacher, and writer who sheds light on our desire to find meaning, and on a way to be our own imperfect selves in the world.

Living and Dying in Brick City

By Sampson Davis

Sampson Davis is best known as one of three friends from inner-city Newark who made a pact in high school to become doctors. Dr. Davis looks at the healthcare crisis in the inner city from a rare perspective: as a doctor who works on the front line of emergency medical care in the community where he grew up, and as a member of that community who has faced the same challenges as the people he treats every day. He also offers invaluable practical advice for those living in such communities, where conditions like asthma, heart disease, stroke, obesity, and AIDS are disproportionately endemic. With empathy and hard-earned wisdom, *Living and Dying in Brick City* presents an urgent picture of medical care in our cities. It is an important resource guide for anyone at risk, anyone close to those at risk, and anyone who cares about the fate of our cities.

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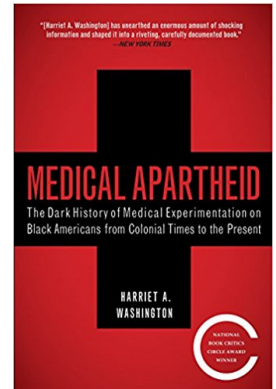
Medical Apartheid

By Harriet Washington

Medical Apartheid is the first and only comprehensive history of medical experimentation on African Americans. Starting with the earliest encounters between black Americans and Western medical researchers and the racist pseudoscience that resulted, it details the ways both slaves and freedmen

were used in hospitals for experiments conducted without their knowledge—a tradition that continues today within some black populations. It reveals how blacks have historically been prey to grave-robbing as well as unauthorized autopsies and dissections. Moving into the twentieth century, it shows how the pseudoscience of eugenics and social Darwinism was used to justify experimental exploitation and shoddy medical treatment of blacks, and the view that they were biologically inferior, oversexed, and unfit for adult responsibilities.

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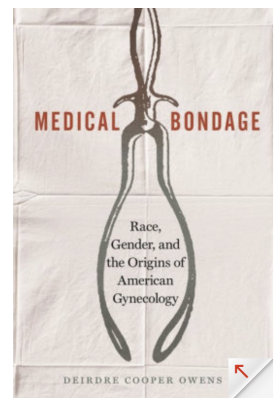


Medical Bondage: Race, Gender, and the Origins of American Gynecology

By Deirdre Cooper Owens

The accomplishments of pioneering doctors such as John Peter Mettauer, James Marion Sims, and Nathan Bozeman are well documented. It is also no secret that these nineteenth-century gynecologists performed experimental caesarean sections, ovariectomies, and obstetric fistula repairs primarily on poor and powerless women. *Medical Bondage* breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as “medical superbodies” highly suited for medical experimentation. In *Medical Bondage*, Cooper Owens examines a wide range of scientific literature and less formal communications in which gynecologists created and disseminated medical fictions about their patients, such as their belief that black enslaved women could withstand pain better than white “ladies.” Even as they were advancing medicine, these doctors were legitimizing, for decades to come, groundless theories related to whiteness and blackness, men and women, and the inferiority of other races or nationalities. *Medical Bondage* moves between southern plantations and northern urban centers to reveal how nineteenth-century American ideas about race, health, and status influenced doctor-patient relationships in sites of healing like slave cabins, medical colleges, and hospitals. It also retells the story of black enslaved women and of Irish immigrant women from the perspective of these exploited groups and thus restores for us a picture of their lives.

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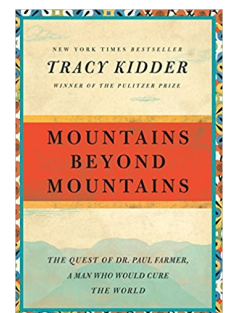


Mountains Beyond Mountains

By Tracy Kidder

In *Mountains Beyond Mountains*, Pulitzer Prize—winning author Tracy Kidder tells the true story of a gifted man who loves the world and has set out to do all he can to cure it. In medical school, Paul Farmer found his life’s calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. Kidder’s magnificent account takes us from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes minds and practices through his dedication to the philosophy that “the only real nation is humanity.” At the heart of this book is the example of a life based on hope and on an understanding of the truth of the Haitian proverb “Beyond mountains there are mountains”—as you solve one problem, another problem presents itself, and so you go on and try to solve that one too.

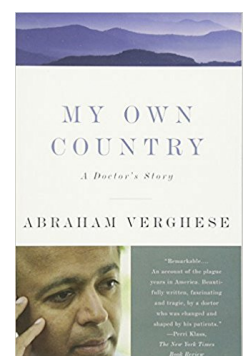
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My Own Country: A Doctor's Story

By Abraham Verghese

By the bestselling author of *Cutting for Stone*, a story of medicine in the American heartland, and confronting one's deepest prejudices and fears. Nestled in the Smoky Mountains of eastern Tennessee, the town of Johnson City had always seemed exempt from the anxieties of modern American life. But when the local hospital treated its first AIDS patient, a crisis that had once



seemed an “urban problem” had arrived in the town to stay. Working in Johnson City was Abraham Verghese, a young Indian doctor specializing in infectious diseases. Dr. Verghese became by necessity the local AIDS expert, soon besieged by a shocking number of male and female patients whose stories came to occupy his mind, and even take over his life. Verghese brought a singular perspective to Johnson City: as a doctor unique in his abilities; as an outsider who could talk to people suspicious of local practitioners; above all, as a writer of grace and compassion who saw that what was happening in this conservative community was both a medical and a spiritual emergency.

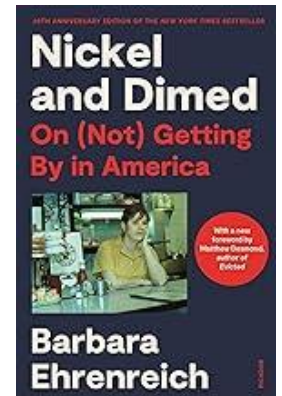
Nickel & Dime

By Barbara Ehrenreich

Millions of Americans work full time, year round, for poverty-level wages. In 1998, Barbara Ehrenreich decided to join them. She was inspired in part by the rhetoric surrounding welfare reform, which promised that a job—any job—can be the ticket to a better life. But how does anyone survive, let alone prosper, on \$6 an hour?

To find out, Ehrenreich left her home, took the cheapest lodgings she could find, and accepted whatever jobs she was offered. Moving from Florida to Maine to Minnesota, she worked as a waitress, a hotel maid, a cleaning woman, a nursing-home aide, and a Wal-Mart sales clerk. She lived in trailer parks and crumbling residential motels. Very quickly, she discovered that no job is truly “unskilled,” that even the lowliest occupations require exhausting mental and muscular effort. She also learned that one job is not enough; you need at least two if you intend to live indoors.

Nickel and Dime reveals low-rent America in all its tenacity, anxiety, and surprising generosity—a land of Big Boxes, fast food, and a thousand desperate stratagems for survival. Read it for the smoldering clarity of Ehrenreich’s perspective and for a rare view of how “prosperity” looks from the bottom. And now, in a new foreword, Matthew Desmond, author of *Evicted: Poverty and Profit in the American City*, explains why, twenty years on in America, *Nickel and Dime* is more relevant than ever.

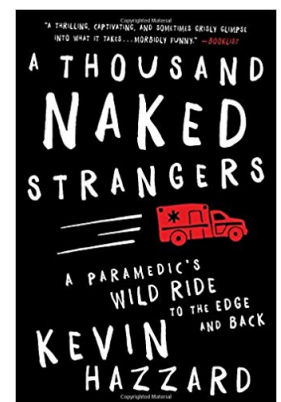


A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back

By Kevin Hazzard

In the aftermath of 9/11 Kevin Hazzard felt that something was missing from his life—his days were too safe, too routine. A failed salesman turned local reporter, he wanted to test himself, see how he might respond to pressure and danger. He signed up for emergency medical training and became, at age twenty-six, a newly minted EMT running calls in the worst sections of Atlanta. His life entered a different realm—one of blood, violence, and amazing grace. Thoroughly intimidated at first and frequently terrified, he experienced on a nightly basis the adrenaline rush of walking into chaos. But in his downtime, Kevin reflected on how people’s facades drop away when catastrophe strikes. As his hours on the job piled up, he realized he was beginning to see into the truth of things. There is no pretense five beats into a chest compression, or in an alley next to a crack den, or on a dimly lit highway where cars have collided. Eventually, what had at first seemed impossible happened: Kevin acquired mastery. And in the process he was able to discern the professional differences between his freewheeling peers, what marked each—as he termed them—as “a tourist,” “true believer,” or “killer.”

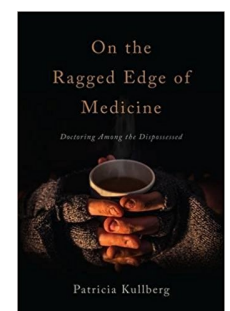
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On the Ragged Edge of Medicine: Doctoring Among the Dispossessed

By Patricia Kullberg

On the Ragged Edge of Medicine offers a glimpse into a medical practice for the homeless and urban poor. Told through fifteen patient vignettes, and drawn from the author's decades of



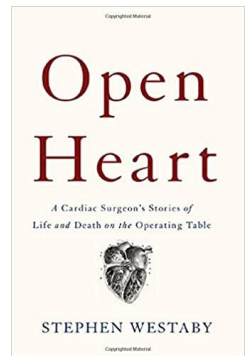
experience in Portland, Oregon, this revealing memoir illuminates the impact of poverty on the delivery of health services and the ways in which people adapt and survive (or don't survive) in conditions of abuse and deprivation. Kullberg's stories show the direct and sometimes devastating effects of poverty on public health, poignantly demonstrating that medicine is as much a social enterprise as a scientific one. [Click here](#) to purchase from a Black-owned bookstore.

Open Heart: A Cardiac Surgeon's Stories of Life and Death on the Operating Table

By Stephen Westaby

When Stephen Westaby witnessed a patient die on the table during open-heart surgery for the first time, he was struck by the quiet, determined way the surgeons walked away. As he soon understood, this detachment is a crucial survival strategy in a profession where death is only a heartbeat away. In *Open Heart*, Westaby reflects on over 11,000 surgeries, showing us why the procedures have never become routine and will never be. With astonishing compassion, he recounts harrowing and sometimes hopeful stories from his operating room: we meet a pulseless man who lives with an electric heart pump, an expecting mother who refuses surgery unless the doctors let her pregnancy reach full term, and a baby who gets a heart transplant-only to die once it's in place.

For readers of Atul Gawande's *Being Mortal* and of Henry Marsh's *Do No Harm*, *Open Heart* offers a soul-baring account of a life spent in constant confrontation with death.

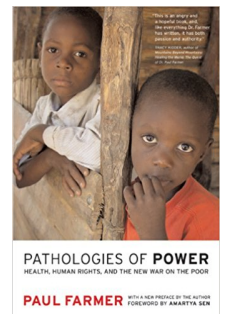


Pathologies of Power: Health, Human Rights, and the New War on the Poor

By Paul Farmer

Pathologies of Power uses harrowing stories of life—and death—in extreme situations to interrogate our understanding of human rights. Paul Farmer, a physician and anthropologist with twenty years of experience working in Haiti, Peru, and Russia, argues that promoting the social and economic rights of the world's poor is the most important human rights struggle of our times. With passionate eyewitness accounts from the prisons of Russia and the beleaguered villages of Haiti and Chiapas, this book links the lived experiences of individual victims to a broader analysis of structural violence.

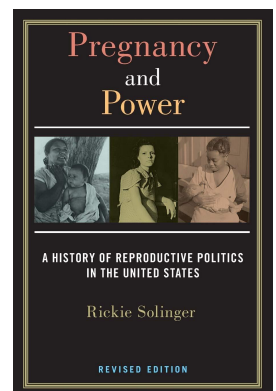
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Pregnancy and Power: A History of Reproductive Politics in the United States

By Rickie Solinger

A sweeping chronicle of women's battles for reproductive freedom throughout American history, *Pregnancy and Power* explores the many forces—social, racial, economic, and political—that have shaped women's reproductive lives in the United States. Leading historian Rickie Solinger argues that a woman's control over her body involves much more than the right to choose an abortion. Reproductive politics were at play when slaveholders devised breeding schemes, when the U.S. government took Indian children from their families in the nineteenth century, and when doctors pressed Latina women to be sterilized in the 1970s. Tracing the diverse plot lines of women's reproductive lives throughout American history, Solinger redefines the idea of reproductive freedom, putting race and class at the center of the effort to control sex and pregnancy in America over time.



Pregnancy and Power shows that a complete understanding of reproductive politics must take into account the many players shaping public policy—lawmakers, educators, employers, clergy, physicians—as well as the consequences for women who obey and resist these policies. Tracing the diverse plotlines of women's reproductive lives throughout American history, Solinger redefines the idea of

reproductive freedom, putting race and class at the center of the struggle to control sex and pregnancy in America.

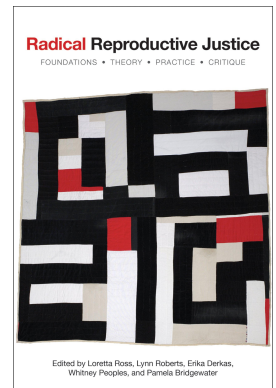
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***Radical Reproductive Justice: Foundations, Theory, Practice, Critique*
By Loretta Ross, Lynn Roberts, Erika Derkas, Whitney Peoples, Pamela Bridgewater Toure, and Dorothy Roberts**

Expanding the social justice discourse surrounding "reproductive rights" to include issues of environmental justice, incarceration, poverty, disability, and more, this crucial anthology explores the practical applications for activist thought migrating from the community into the academy.

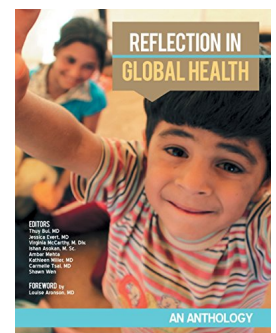
Radical Reproductive Justice assembles two decades' of work initiated by SisterSong Women of Color Health Collective, creators of the human rights-based "reproductive justice" framework to move beyond polarized pro-choice/pro-life debates. Rooted in Black feminism and built on intersecting identities, this revolutionary framework asserts a woman's right to have children, to not have children, and to parent and provide for the children they have.

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***Reflection in Global Health: An Anthology*
By Thuy Bui**

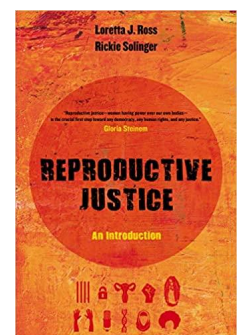
This anthology includes sixty-three essays that explore an array of topics as they relate to global health, and it is the cumulative effort of students, educators, and advocates dedicated to helping others. Moving beyond sayings like, "They have so little, but they're so happy," and "All you need is love," the essays take a systematic, reflective approach to experiences in global health. Nauzley Abedini reveals the sensory overload she experienced while conducting a yearlong research fellowship in Kumasi, Ghana, and how accepting that she would never be embraced allowed her to revise her goals and realize that being seen as an outsider is not necessarily incompatible with being accepted or familiar. Ishan Asokan looks back at his time in Amman, the capital city of Jordan, and how he visited a Syrian refugee camp an hour's drive from a bounty of medical aid. He finds countless people suffering, and all he can give them is love.



***Reproductive Justice: An Introduction*
By Loretta J. Ross and Rickie Solinger**

Reproductive Justice is a first-of-its-kind primer that provides a comprehensive yet succinct description of the field. Written by two legendary scholar-activists, *Reproductive Justice* introduces students to an intersectional analysis of race, class, and gender politics. Loretta J. Ross and Rickie Solinger put the lives and lived experience of women of color at the center of the book and use a human rights analysis to show how the discussion around reproductive justice differs significantly from the pro-choice/anti-abortion debates that have long dominated the headlines and mainstream political conflict. Arguing that reproductive justice is a political movement of reproductive rights and social justice, the authors illuminate, for example, the complex web of structural obstacles a low-income, physically disabled woman living in West Texas faces as she contemplates her sexual and reproductive intentions. In a period in which women's reproductive lives are imperiled, *Reproductive Justice* provides an essential guide to understanding and mobilizing around women's human rights in the twenty-first century.

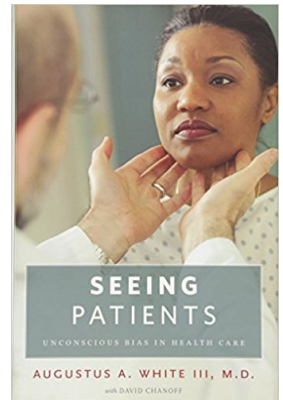
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***Seeing Patients: Unconscious Bias in Healthcare*
By Augustus White**

This book by a pioneering black surgeon takes on one of the few critically important topics that haven't figured in the heated debate over health care reform—the largely hidden yet massive injustice of bias in medical treatment. Growing up in Jim Crow-era Tennessee and training and teaching in overwhelmingly white medical institutions, Gus White witnessed firsthand how prejudice works in the world of medicine. And while race relations have changed dramatically, old ways of thinking die hard. In *Seeing Patients* White draws upon his experience in startlingly different worlds to make sense of the unconscious bias that riddles medical treatment, and to explore what it means for health care in a diverse twenty-first-century America. White and co-author David Chanoff use extensive research and interviews with leading physicians to show how subconscious stereotyping influences doctor-patient interactions, diagnosis, and treatment. Their book brings together insights from the worlds of social psychology, neuroscience, and clinical practice to define the issues clearly and, most importantly, to outline a concrete approach to fixing this fundamental inequity in the delivery of health care.

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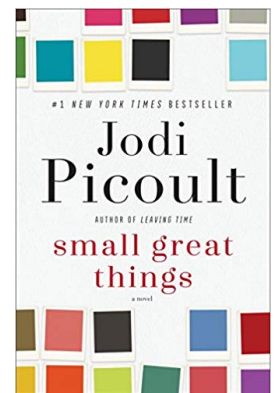


Small Great Things

By Jodi Picoult (fiction)

Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene? Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong. With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers.

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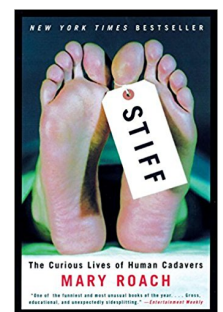


Stiff: The Curious Lives of Human Cadavers

By Mary Roach

Stiff is an oddly compelling, often hilarious exploration of the strange lives of our bodies postmortem. For two thousand years, cadavers—some willingly, some unwittingly—have been involved in science's boldest strides and weirdest undertakings. In this fascinating account, Mary Roach visits the good deeds of cadavers over the centuries and tells the engrossing story of our bodies when we are no longer with them.

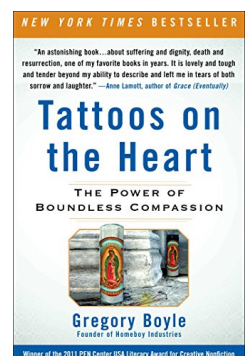
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Tattoos on the Heart: The Power of Boundless Compassion

By Gregory Boyle

For twenty years, Father Gregory Boyle has run Homeboy Industries, a gang-intervention program located in the Boyle Heights neighborhood of Los Angeles—also known as the gang capital of the world. In *Tattoos on the Heart*, he has distilled his experience working in the ghetto into a breathtaking series of parables inspired by faith. From giant, tattooed Cesar, shopping at JC Penney fresh out of prison, you learn how to feel worthy of God's love. From ten-year-old Pipi you learn the importance of being known and acknowledged. From Lulu you come to understand the kind of patience necessary to rescue someone from the dark—as



Father Boyle phrases it, we can only shine a flashlight on a light switch in a darkened room. This is a motivating look at how to stay faithful in spite of failure, how to meet the world with a loving heart, and how to conquer shame with boundless, restorative love.

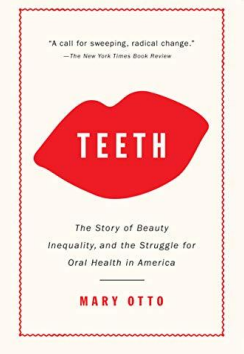
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Teeth: The Story of Beauty, Inequality, and the Struggle for Oral Health in America **By Mary Otto**

Teeth takes readers on a disturbing journey into America's silent epidemic of oral disease, exposing the hidden connections between tooth decay and stunted job prospects, low educational achievement, social mobility, and the troubling state of our public health. Otto's subjects include the pioneering dentist who made Shirley Temple and Judy Garland's teeth sparkle on the silver screen and helped create the all-American image of "pearly whites"; Deamonte Driver, the young Maryland boy whose tragic death from an abscessed tooth sparked congressional hearings; and a marketing guru who offers advice to dentists on how to push new and expensive treatments and how to keep Medicaid patients at bay.

In one of its most disturbing findings, Teeth reveals that toothaches are not an occasional inconvenience, but rather a chronic reality for millions of people, including disproportionate numbers of the elderly and people of color. Many people, Otto reveals, resort to prayer to counteract the uniquely devastating effects of dental pain.

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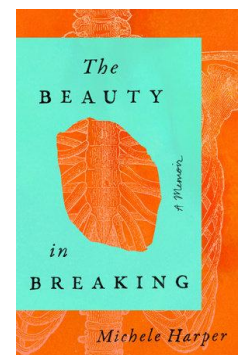
The Beauty in Breaking: A Memoir **By Michele Harper**

Michele Harper is a female, African American emergency room physician in a profession that is overwhelmingly male and white. Brought up in Washington, D.C., in a complicated family, she went to Harvard where she met her husband. They stayed together through medical school until two months before she was scheduled to join the staff of a hospital in central Philadelphia, when he told her he couldn't move with her. Her marriage at an end, Harper began her new life in a new city, in a new job, as a newly single woman.

In the ensuing years, as Harper learned to become an effective ER physician, bringing insight and empathy to every patient encounter, she came to understand that each of us is broken—physically, emotionally, psychically. How we recognize those breaks, how we try to mend them, and where we go from there are all crucial parts of the healing process.

The Beauty in Breaking is the poignant true story of Harper's journey toward self-healing. Each of the patients Harper writes about taught her something important about recuperation and recovery. How to let go of fear even when the future is murky. How to tell the truth when it's simpler to overlook it. How to understand that compassion isn't the same as justice. As she shines a light on the systemic disenfranchisement of the patients she treats as they struggle to maintain their health and dignity, Harper comes to understand the importance of allowing ourselves to make peace with the past as we draw support from the present. In this hopeful, moving, and beautiful book, she passes along the precious, necessary lessons that she has learned as a daughter, a woman, and a physician.

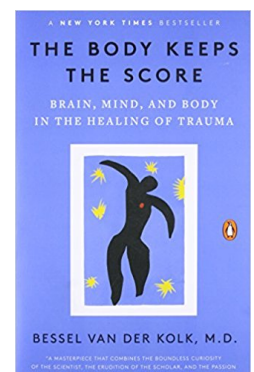
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The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

By Bessel Van der Kolk

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat;

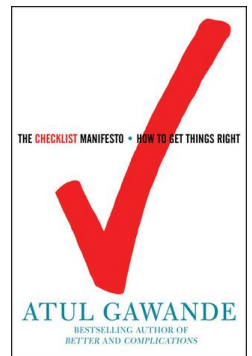


one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.
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The Checklist Manifesto

By Atul Gawande

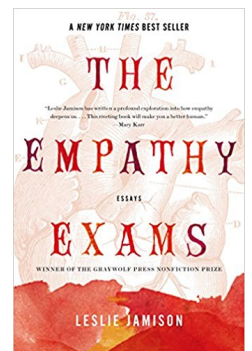
Gawande begins by making a distinction between errors of ignorance (mistakes we make because we don't know enough), and errors of ineptitude (mistakes we made because we don't make proper use of what we know). Failure in the modern world, he writes, is really about the second of these errors, and he walks us through a series of examples from medicine showing how the routine tasks of surgeons have now become so incredibly complicated that mistakes of one kind or another are virtually inevitable: it's just too easy for an otherwise competent doctor to miss a step, or forget to ask a key question or, in the stress and pressure of the moment, to fail to plan properly for every eventuality. Gawande then visits with pilots and the people who build skyscrapers and comes back with a solution. Experts need checklists—literally—written guides that walk them through the key steps in any complex procedure. In the last section of the book, Gawande shows how his research team has taken this idea, developed a safe surgery checklist, and applied it around the world, with staggering success.



The Empathy Exams: Essays

By Leslie Jamison

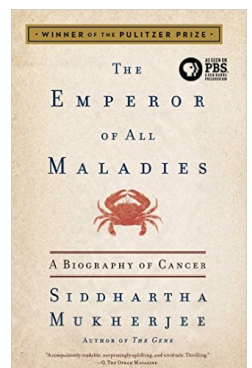
Beginning with her experience as a medical actor who was paid to act out symptoms for medical students to diagnose, Leslie Jamison's visceral and revealing essays ask essential questions about our basic understanding of others: How should we care about each other? How can we feel another's pain, especially when pain can be assumed, distorted, or performed? Is empathy a tool by which to test or even grade each other? By confronting pain—real and imagined, her own and others'—Jamison uncovers a personal and cultural urgency to feel. She draws from her own experiences of illness and bodily injury to engage in an exploration that extends far beyond her life, spanning wide-ranging territory—from poverty tourism to phantom diseases, street violence to reality television, illness to incarceration—in its search for a kind of sight shaped by humility and grace.



The Emperor of All Maladies: A Biography of Cancer

By Siddhartha Mukherjee

Physician, researcher, and award-winning science writer, Siddhartha Mukherjee examines cancer with a cellular biologist's precision, a historian's perspective, and a biographer's passion. The result is an astonishingly lucid and eloquent chronicle of a disease humans have lived with—and perished from—for more than five thousand years. The story of cancer is a story of human ingenuity, resilience, and perseverance, but also of hubris, paternalism, and misperception. Mukherjee recounts centuries of discoveries, setbacks, victories, and deaths, told through the eyes of his predecessors and peers, training their wits against an infinitely resourceful adversary that, just three decades ago, was thought to be easily vanquished in an all-out “war against cancer.” The book reads like a literary thriller with cancer as the protagonist. From the Persian Queen Atossa, whose Greek slave may have cut off her

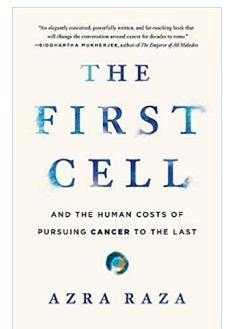


diseased breast, to the nineteenth-century recipients of primitive radiation and chemotherapy to Mukherjee's own leukemia patient, Carla, *The Emperor of All Maladies* is about the people who have soldiered through fiercely demanding regimens in order to survive—and to increase our understanding of this iconic disease.

The First Cell: And the Human Costs of Pursuing Cancer to the Last

By: Azra Raza

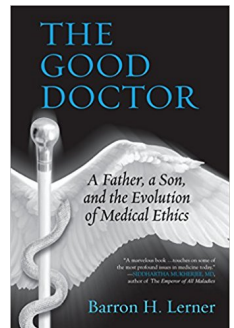
In *The First Cell*, Azra Raza offers a searing account of how both medicine and our society (mis)treats cancer, how we can do better, and why we must. A lyrical journey from hope to despair and back again, *The First Cell* explores cancer from every angle: medical, scientific, cultural, and personal. Indeed, Raza describes how she bore the terrible burden of being her own husband's oncologist as he succumbed to leukemia. Like *When Breath Becomes Air*, *The First Cell* is no ordinary book of medicine, but a book of wisdom and grace by an author who has devoted her life to making the unbearable easier to bear.



The Good Doctor

By Barron Lerner

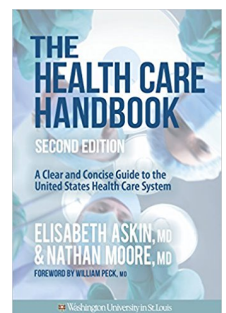
As a practicing physician and longtime member of his hospital's ethics committee, Dr. Barron Lerner thought he had heard it all. But in the mid-1990s, his father, an infectious diseases physician, told him a stunning story: he had physically placed his body over an end-stage patient who had stopped breathing, preventing his colleagues from performing cardiopulmonary resuscitation, even though CPR was the ethically and legally accepted thing to do. Over the next few years, the senior Dr. Lerner tried to speed the deaths of his seriously ill mother and mother-in-law to spare them further suffering. These stories angered and alarmed the younger Dr. Lerner. But the elder Dr. Lerner's journals, which he had kept for decades, showed the son how the father's outdated paternalism had grown out of a fierce devotion to patient-centered medicine, which was rapidly disappearing. And they raised questions: Are paternalistic doctors just relics, or should their expertise be used to overrule patients and families that make ill-advised choices? Does the growing use of personalized medicine—in which specific interventions may be best for specific patients—change the calculus between autonomy and paternalism? And how can we best use technologies that were invented to save lives but now too often prolong death? In an era of high-technology medicine, spiraling costs, and health-care reform, these questions could not be more relevant.



The Health Care Handbook: A Clear and Concise Guide to the United States Health Care System, 2nd Edition

By Elisabeth Askin (Author), Nathan Moore (Author), Vikram Shankar (Author), William Peck (Preface)

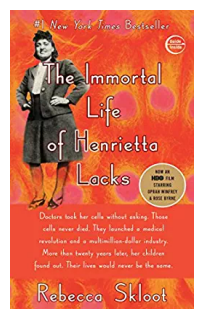
The *Handbook* is the one-stop guide to the people, organizations and industries that make up the U.S. healthcare system and major issues the system faces today. It is rigorously researched and scrupulously unbiased yet written in a conversational and humorous tone that's a pleasure to read and illuminates the convoluted health care system and its many components. Each section of the *Handbook* includes an introduction to the key facts and foundations that make the healthcare system work along with balanced analyses of the major challenges and controversies within health care, including medical errors, government regulation, medical malpractice, and much more. Suggested readings are included for readers who wish to learn more about specific topics.



The Immortal Life of Henrietta Lacks

By Rebecca Skloot

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco

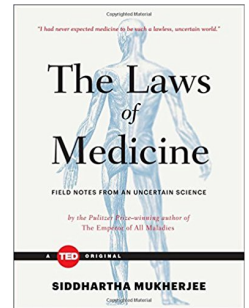


farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance. This phenomenal New York Times bestseller tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew.

The Laws of Medicine: Field Notes from an Uncertain Science

By Siddhartha Mukherjee

Over a decade ago, when Siddhartha Mukherjee was a young, exhausted, and isolated medical resident, he discovered a book that would forever change the way he understood the medical profession. The book, *The Youngest Science*, forced Dr. Mukherjee to ask himself an urgent, fundamental question: Is medicine a “science”? Sciences must have laws—statements of truth based on repeated experiments that describe some universal attribute of nature. But does medicine have laws like other sciences? Dr. Mukherjee has spent his career pondering this question—a question that would ultimately produce some of the most serious thinking he would do around the tenets of his discipline—culminating in *The Laws of Medicine*. In this important treatise, he investigates the most perplexing and illuminating cases of his career that ultimately led him to identify the three key principles that govern medicine.



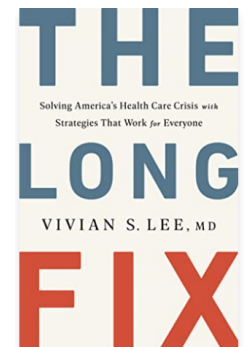
The Long Fix: Solving America's Healthcare Crisis with Strategies that Work for Everyone

By Vivian Lee

In *The Long Fix*, physician and health care CEO Vivian S. Lee, MD, cuts to the heart of the healthcare crisis. The problem with the way medicine is practiced, she explains, is not so much who's paying, it's what we are paying for. Insurers, employers, the government, and individuals pay for every procedure, prescription, and lab test, whether or not it makes us better—and that is both backward and dangerous.

Dr. Lee proposes turning the way we receive care completely inside out. When doctors, hospitals, and pharmaceutical companies are paid to keep people healthy, care improves and costs decrease. Lee shares inspiring examples of how this has been done, from physicians' practices that prioritize preventative care, to hospitals that adapt lessons from manufacturing plants to make them safer, to healthcare organizations that share online how much care costs and how well each physician is caring for patients.

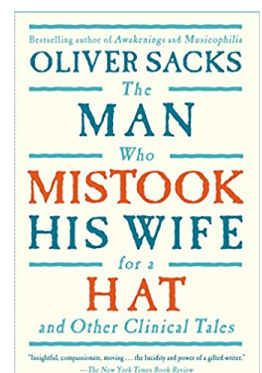
Using clear and compelling language, Dr. Lee paints a picture that is both realistic and optimistic. It may not be a quick fix, but her concrete action plan for reform—for employers and other payers, patients, clinicians, and policy makers—can reinvent health care, and create a less costly, more efficient, and healthier system for all.



The Man Who Mistook His Wife for a Hat

By Oliver Sacks

Oliver Sacks's *The Man Who Mistook His Wife for a Hat* tells the stories of individuals afflicted with fantastic perceptual and intellectual aberrations: patients who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people and common objects; who are stricken with violent tics and grimaces or who shout involuntary obscenities; whose limbs have become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant tales remain, in Dr. Sacks's splendid and sympathetic telling, deeply human. They are studies of life struggling against incredible adversity, and they enable us to enter the world of the neurologically impaired, to imagine with our hearts what it must be to live and feel as they do.

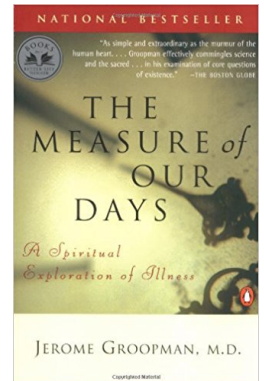


A great healer, Sacks never loses sight of medicine's ultimate responsibility: "the suffering, afflicted, fighting human subject."

The Measure of our Days: A Spiritual Exploration of Illness

By Jerome Groopman

With *The Measure of Our Days*, Dr. Jerome Groopman established himself as an eloquent new voice in the literature of medicine. In these eight moving portraits, he offers us a compelling look at what is to be learned when life itself can no longer be taken for granted. These stories are diverse—from Kirk, an aggressive venture capitalist determined to play the odds with controversial chemotherapy treatments; to Elizabeth, an imperious dowager humbled by a rare blood disease; to Elliott, who triumphs over leukemia and creates for himself a definition of success—but each, in the words of Maggie Scarf, "transmute the misery of terrible suffering into a marvelous celebration of the sweetness of human life." Far from medical case studies, these are spiritual journeys of questioning and self-awareness, embarked on by the physician as well as the patient.

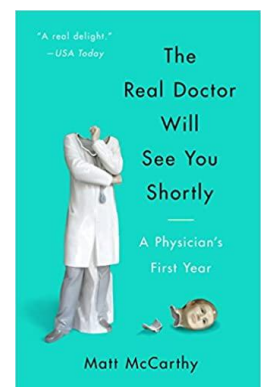


The Real Doctor Will See You Shortly: A Physician's First Year

By Matt McCarthy

In medical school, Matt McCarthy dreamed of being a different kind of doctor—the sort of mythical, unflappable physician who could reach unreachable patients. But when a new admission to the critical care unit almost died his first night on call, he found himself scrambling. Visions of mastery quickly gave way to hopes of simply surviving hospital life, where confidence was hard to come by and no amount of med school training could dispel the terror of facing actual patients.

This funny, candid memoir of McCarthy's intern year at a New York hospital provides a scorchingly frank look at how doctors are made, taking readers into patients' rooms and doctors' conferences to witness a physician's journey from ineptitude to competence. McCarthy's one stroke of luck paired him with a brilliant second-year adviser he called "Baio" (owing to his resemblance to the *Charles in Charge* star), who proved to be a remarkable teacher with a wicked sense of humor. McCarthy would learn even more from the people he cared for, including a man named Benny, who was living in the hospital for months at a time awaiting a heart transplant. But no teacher could help McCarthy when an accident put his own health at risk, and showed him all too painfully the thin line between doctor and patient.

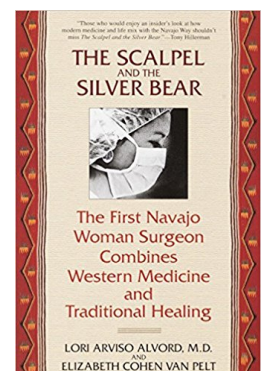


The Real Doctor Will See You Shortly offers a window on to hospital life that dispenses with sanctimony and self-seriousness while emphasizing the black-comic paradox of becoming a doctor: How do you learn to save lives in a job where there is no practice?

The Scalpel and the Silver Bear: The First Navajo Woman Surgeon Combines Western Medicine and Traditional Healing

By Lori Alvord and Elizabeth Cohen Van Pelt

The first Navajo woman surgeon combines western medicine and traditional healing. A spellbinding journey between two worlds, this remarkable book describes surgeon Lori Arviso Alvord's struggles to bring modern medicine to the Navajo reservation in Gallup, New Mexico—and to bring the values of her people to a medical care system in danger of losing its heart. Dr. Alvord left a dusty reservation in New Mexico for Stanford University Medical School, becoming the first Navajo woman surgeon. Rising above the odds presented by her own culture and the male-dominated world of surgeons, she returned to the reservation to find a new challenge. In dramatic encounters, Dr. Alvord witnessed the power of belief to influence health, for good or for ill. She came to merge the latest breakthroughs of medical science with



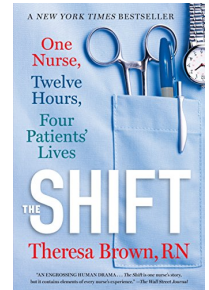
the ancient tribal paths to recovery and wellness, following the Navajo philosophy of a balanced and harmonious life, called Walking in Beauty.

The Shift: One Nurse, Twelve Hours, Four Patients' Lives

By Theresa Brown

In a book as eye-opening as it is riveting, practicing nurse and regular contributor to the *New York Times* Theresa Brown invites us to experience not just a day in the life of a nurse but all the life that happens in just one day on a busy teaching hospital's cancer ward. In the span of twelve hours, lives can be lost, life-altering treatment decisions made, and dreams fulfilled or irrevocably stolen. Every day, Theresa Brown holds these lives in her hands. On this day, there are four. Unfolding in real time under the watchful eyes of Theresa Brown--a dedicated nurse and an insightful chronicler of events--we are given an unprecedented view into the individual struggles as well as the larger truths about medicine in this country. By shift's end, we have witnessed something profound about hope and humanity.

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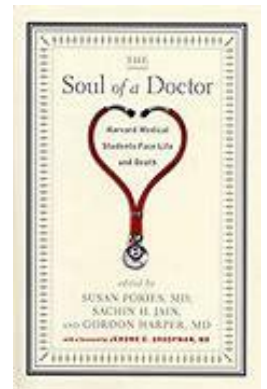


The Soul of a Doctor: Harvard Medical Students Face Life and Death

By: Harvard Medical School students

Edited by: Susan Pories

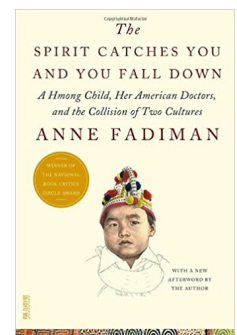
By the time most of us meet our doctors, they've been in practice for a number of years. Often they seem aloof, uncaring, and hurried. Of course, they're not all like that, and most didn't start out that way. Here are voices of third-year students just as they begin to take on clinical responsibilities. Their words focus on the odd transition students face when they must deal with real people in real time and in real crises and when they must learn to put aside their emotions to make quick, accurate, and sensitive decisions. Their decisions aren't always right, and the consequences can be life-altering—for all involved. Moving, disturbing, and candid, their true stories show us a side of the profession that few ever see, or could even imagine. They show, often painfully, how medical students grow up, right at the bedside.



The Spirit Catches You and You Fall Down

By Anne Fadiman

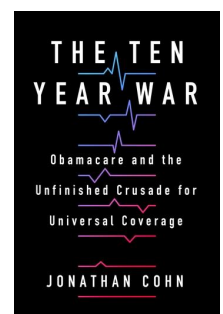
The Spirit Catches You and You Fall Down explores the clash between a small county hospital in California and a refugee family from Laos over the care of Lia Lee, a Hmong child diagnosed with severe epilepsy. Lia's parents and her doctors both wanted what was best for Lia, but the lack of understanding between them led to tragedy. Winner of the National Book Critics Circle Award for Nonfiction, the Los Angeles Times Book Prize for Current Interest, and the Salon Book Award, Anne Fadiman's compassionate account of this cultural impasse is literary journalism at its finest. The current edition, published for the book's fifteenth anniversary, includes a new afterword by the author that provides updates on the major characters along with reflections on how they have changed Fadiman's life and attitudes.



The Ten Year War

By Jonathon Cohn

Jonathan Cohn's *The Ten Year War* is the definitive account of the battle over Obamacare, based on interviews with sources who were in the room, from one of the nation's foremost healthcare journalists. In *The Ten Year War*, veteran journalist Jonathan Cohn offers the compelling, authoritative history of how the law came to be, why it looks like it does, and what it's meant for average Americans. Drawn from hundreds of hours of interviews, plus private diaries, emails and memos, *The Ten Year War* takes readers to Capitol Hill and to town hall meetings, inside the West Wing and, eventually, into Trump Tower, as the nation's most

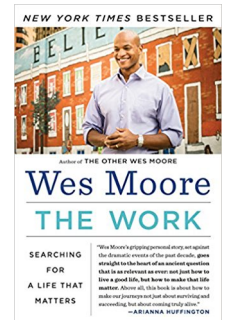


powerful leaders try to reconcile pragmatism and idealism, self-interest and the public good, and ultimately two very different visions for what the country should look like.

The Work: Searching for a Life That Matters

By Wes Moore

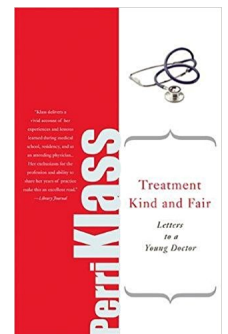
The Work is the story of how one young man traced a path through the world to find his life's purpose. Wes Moore graduated from a difficult childhood in the Bronx and Baltimore to an adult life that would find him at some of the most critical moments in our recent history. In this insightful book, Moore shares the lessons he learned from people he met along the way. Moore also tells the stories of other twenty-first-century change-makers who've inspired him in his search. What their lives—and his own misadventures and moments of illumination—reveal is that our truest work happens when we serve others, at the intersection between our gifts and our broken world. That's where we find the work that lasts. *The Work* will inspire readers to see how we can each find our own path to purpose and help create a better world.



Treatment Kind and Fair: Letters to a Young Doctor

By Perri Klass

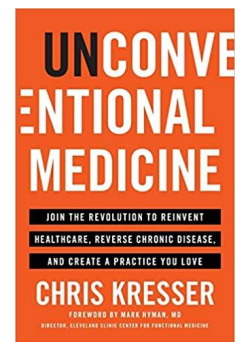
If you've ever sat on an examination table and wondered what is really going on in your doctor's head, then this book is for you. *New York Times* contributor and beloved author Perri Klass addresses the primary issues in the life of any doctor and, by extension, the lives of those for whom they care. She explores the moral judgments of doctors, questions of death and physician-assisted suicide, the daily life of a doctor, doctors as patients, and more. Klass offers a fascinating glimpse inside the doctor's office for aspiring physicians and medical buffs. *Treatment Kind and Fair* is also a must-read for anyone who's ever been a patient.



Unconventional Medicine: Join the Revolution to Reinvent Healthcare, Reverse Chronic Disease, and Create a Practice You Love

By Chris Kresser

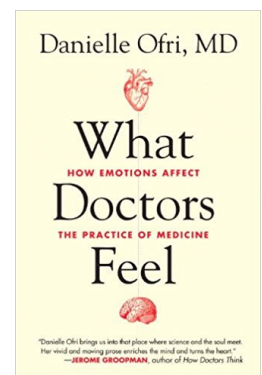
The world is facing the greatest healthcare crisis it has ever seen. Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. Sadly, conventional medicine, with its focus on managing symptoms, has failed to address this challenge. The result is burned-out physicians, a sicker population, and a broken healthcare system. In *Unconventional Medicine*, Chris Kresser presents a plan to reverse this dangerous trend. He shows how the combination of a genetically aligned diet and lifestyle, functional medicine, and a lean, collaborative practice model can create a system that better serves the needs of both patients and practitioners. The epidemic of chronic illness can be stopped, if patients and practitioners can adapt.



What Doctors Feel: How Emotions Affect the Practice of Medicine

By Danielle Ofri

With her renowned eye for dramatic detail, Dr. Ofri takes us into the swirling heart of patient care, telling stories of caregivers caught up and occasionally torn down by the whirlwind life of doctoring. She admits to the humiliation of an error that nearly killed one of her patients and her forever fear of making another. She mourns when a beloved patient is denied a heart transplant. She tells the riveting stories of an intern traumatized when she is forced to let a newborn die in her arms, and of a doctor whose daily glass of wine to handle the frustrations of the ER escalates into a destructive addiction. But doctors don't only feel fear, grief, and frustration. Ofri also reveals that doctors tell bad jokes about "toxic shock syndrome," cope through gallows humor, find hope in impossible situations, and surrender to ecstatic happiness when they triumph over illness. The stories here reveal the undeniable truth that emotions have a distinct effect on how doctors care for their patients. For both clinicians and patients,

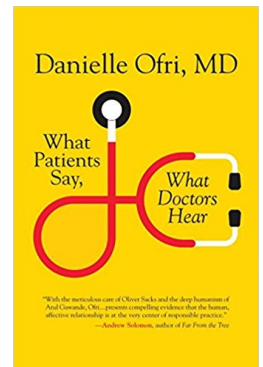


understanding what doctors feel can make all the difference in giving and getting the best medical care.

What Patients Say, What Doctors Hear

By Danielle Ofri

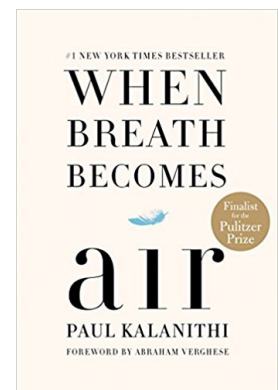
Can refocusing conversations between doctors and their patients lead to better health? Despite modern medicine's infatuation with high-tech gadgetry, the single most powerful diagnostic tool is the doctor-patient conversation, which can uncover the lion's share of illnesses. However, what patients say and what doctors hear are often two vastly different things. Patients, anxious to convey their symptoms, feel an urgency to "make their case" to their doctors. Doctors, under pressure to be efficient, multitask while patients speak and often miss the key elements. Add in stereotypes, unconscious bias, conflicting agendas, and fear of lawsuits and the risk of misdiagnosis and medical errors multiplies dangerously. Though the gulf between what patients say and what doctors hear is often wide, Dr. Danielle Ofri proves that it doesn't have to be. Through the powerfully resonant human stories that Dr. Ofri's writing is renowned for, she explores the high-stakes world of doctor-patient communication that we all must navigate. Reporting on the latest research studies and interviewing scholars, doctors, and patients, Dr. Ofri reveals how better communication can lead to better health for all of us.



When Breath Becomes Air

By Paul Kalanithi

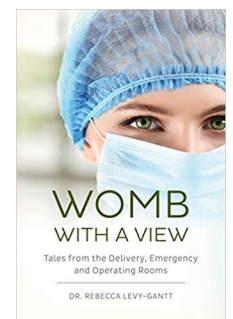
At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" *When Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.



Womb With a View: Tales from the Delivery, Emergency, and Operating Rooms

By Rebecca Levy-Gantt

Womb With A View offers a journey through medical training and practice in the life of an obstetrician and gynecologist. It singles out some of the most poignant and touching chapters that are both extraordinary and at the same time ordinary in the world of reproductive medicine.



Working The Roots: Over 400 Years of Traditional African American Healing

By Michele E. Lee

Working the Roots: Over 400 Years Of Traditional African American Healing is the result of first-hand interviews, conversations, and apprenticeships conducted and experienced by author Michele E. Lee over several years of living and studying in the rural South and in the West Coast regions of the United States. She combines a novelist's keen ear for storytelling and dialogue and a healer's understanding of folk medicine arts into a book that makes for both pleasant, interesting reading, and serves as a permanent household healing guide.

Divided between sections on interviews of healers and their stories and a comprehensive collection of traditional African American medicines, remedies, and the many common ailments they were called upon to cure, *Working The Roots* is a valuable addition to African American history and American and African folk healing practices.

