



## The art and science of physician wellbeing : a handbook for physicians and trainees /

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Electronic books Life skills guides.

Monografía

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

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**Título:** The art and science of physician wellbeing a handbook for physicians and trainees Laura Weiss Roberts, Mickey Trockel, editors

**Editorial:** Cham, Switzerland Springer [2019]

**Descripción física:** 1 online resource (287 pages)

**Bibliografía:** Includes bibliographical references

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

**Copyright/Depósito Legal:** 1102108292 1105175059 1107097825 1111054120 1115073596 1122847774  
1126163504

**ISBN:** 9783319421353 electronic bk.) 3319421352 electronic bk.) 9783319421360 print) 3319421360  
9783319421346 3319421344

**Materia:** Physicians- Psychology Physicians- Life skills guides Well-being Physicians. Physicians- Psychology.  
Well-being.

**Autores:** Weiss Roberts, Laura, editor Trockel, Mickey, editor

**Enlace a formato físico adicional:** Print version Weiss Roberts, Laura. Art and Science of Physician Wellbeing :  
A Handbook for Physicians and Trainees. Cham : Springer, ©2019 9783319421346

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