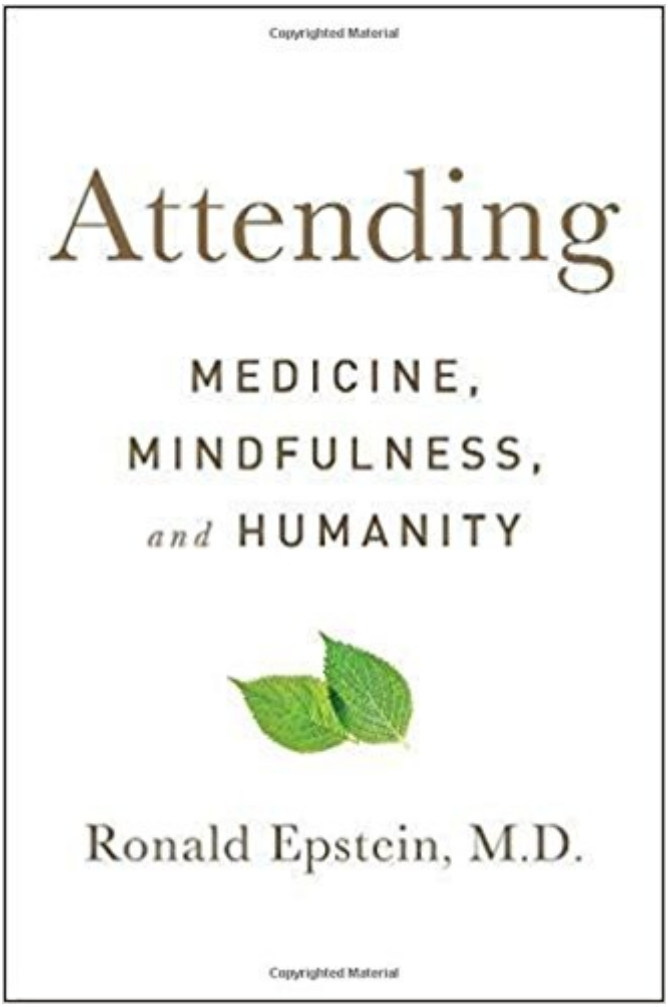
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Attending: Medicine, Mindfulness, And Humanity



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Synopsis

The first book for the general public about mindfulness and medical practice, a groundbreaking, intimate exploration of how doctors think and what matters mostÃ¢â ¬â •safe, effective, patient-centered, compassionate careÃ¢â ¬â •from the foremost expert in the field.As a third-year Harvard Medical School student doing a clinical rotation in surgery, Ronald Epstein watched an error unfold: an experienced surgeon failed to notice his patientÃ¢â ¬â„¢s kidney turning an ominous shade of blue. In that same rotation, Epstein was awestruck by another surgeonÃ¢â ¬â„¢s ability to avert an impending disaster, slowing down from autopilot to intentionality. The difference between these two doctors left a lasting impression on Epstein and set the stage for his lifeÃ¢â ¬â„¢s workÃ¢â ¬â •to identify the qualities and habits that distinguish masterful doctors from those who are merely competent. The secret, he learned, was mindfulness. 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 mindfulnessÃ¢â ¬â •Attention, Curiosity, BeginnerÃ¢â ¬â„¢s Mind, and PresenceÃ¢â ¬â •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 doctorsÃ¢â ¬â„¢ 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.

Book Information

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Customer Reviews

Ã¢â ¬Å“This book is phenomenal, and will be phenomenally useful to physicians and to all of us who are desperately in need of true health care and caring. It is hard for me to imagine a doctor reading it and not immediately recognizing, taking to heart, and implementing its messages in any number of different ways, being so commonsensical, clear, innately transformative, and healing. And it is equally hard for me to imagine that it will not energize all of us, when we find ourselves in the role of Ã¢â ¬Ëœthe patient,Ã¢â ¬â„¢ to demand greater mindfulness from our care-givers across the board, and know what we mean by that.Ã¢â ¬Â•Ã¢â ¬â •Jon Kabat-Zinn, author of Full Catastrophe Living and Mindfulness for Beginners Ã Â Ã¢â ¬Å“As a student admissions committee member reviewing Ron Epstein's application to medical school, I knew he was special, a view surpassed by his visionary achievements illuminating the important nature of how physicians care for their patients, and how they can best care for themselves. Attending is the book every medical caregiver needs to strengthen their minds and harness their resilience to care for othersÃ¢â ¬â •and every patient needs to understand how doctors think.Ã Â This is a work of heart and head, a beautiful synthesis of inner wisdom and hard earned scientific empirical findings that point the way to proven methods for improving the lives of both giver and receiver of medical care.Ã Â With clear explanations, captivating stories, and well-described challenges and approaches to their solutions, this book is exactly what the field of medicine needs.Ã¢â ¬Â•Ã¢â ¬â •Daniel J. Siegel, M.D., author of Mind and The Mindful Brain and Executive Director, Mindsight Institute Founding Co-Director, UCLA Mindful Awareness Research CenterÃ Â Ã¢â ¬Å“I recommend Attending for anyone interested in health. In a most accessible way, Epstein makes a very convincing case for how doctors and patients would prosper from doctors becoming more mindful.Ã¢â ¬Â•Ã¢â ¬â •Ellen Langer, PhD, Professor of Psychology, Harvard University, author of MindfulnessÃ Â andÃ Â Counterclockwise: Mindful Health and the Power of Possibility"This powerful and inspiring book opens the pathway to bringing care, wisdom, and mindfulness into practice of medicine. A must-read for all clinicians and for lay readers as well."--Joan Halifax, PhD, author of Being With Dying"Ronald Epstein cuts through the cacophony and illuminates the heart of the medical enterpriseÃ¢â ¬â •the attentive and compassionate

connection between doctor and patient. In a world awash with medical error, patient dissatisfaction, and burned-out doctors, this attention to mindfulness is much needed balm. Ã Â AttendingÃ Â is at once penetrating, counterintuitive, and profoundly humbling."--Danielle Ofri, MD, PhD, author of What Patients Say, What Doctors Hear"Attending got my attention from the opening paragraphs. Beautiful, compelling, and wise stories of how medicine and care-taking can be, (should be) when approached with common sense, a fierce sense of what is best for both the doctor and patient, and a compassionate heart.Ã Â A timely and important book!"--Marc Lesser, CEO of Search Inside Yourself Leadership Institute (SIYLI) and author of Know Yourself, Forget Yourself and LESS: Accomplishing More By Doing Less"Ronald Epstein truthfully and powerfully describes the challenging and changing worlds of both the physician and and the patient. Ã Â AttendingÃ Â will encourage the recognition that mindfulness and compassion training contribute to effective medicine. The book clearly demonstrates how these contemplative practices can help enrich the lives of everyone involved in health care."--Sharon Salzberg, author of Lovingkindness and Real Happiness"Epstein presents for general readers a concise guide to his view of what mindfulness is, its value, and how it is a skill that anyone can work to acquire."--Library Journal"A deeply informed and compassionate book...[Dr. Epstein]Ã Â tells us that it is a 'moral imperative'Ã Â to do right by our patients. And he shows why and how."--Lloyd Sederer,Ã Â New York Journal of Books"Vivid... EpsteinÃ¢â ¬â„¢s candor and courage...that makes the book so compelling."--Pharos"Among the best books about how to teach the humanistic aspects of doctoring. Epstein weaves together an insightful collection of experiences that examine the clinicianÃ¢â ¬â„¢s situation starting from inside her own mind and ending at the system in which she practices."--Gold Foundation"Thoughtful company in times when weÃ¢â ¬â„¢ve never needed thoughtful company more."--Harvard Medicine

Dr. Ronald Epstein is a practicing family physician and professor of family medicine, psychiatry, and oncology at the University of Rochester School of Medicine and Dentistry, where he directs the Center for Communication and Disparities Research. He is an internationally recognized educator, writer, and researcher whose landmark article, Ã¢â ¬Å“Mindful Practice,Ã¢â ¬Â• published in the Journal of the American Medical Association in 1999, has revolutionized physiciansÃ¢â ¬â„¢ view of their work. Dr. Epstein has been named one of AmericaÃ¢â ¬â„¢s Best Doctors every year since 1998 by U.S. News & World Report. Visit Dr. Epstein at RonaldEpstein.com.

This book is extremely readable, for a medical or lay audience, and is also footnoted and well

referenced. Epstein makes clear that mindfulness is not ÃƒÂ¢Ã â ¬Ã Ëœtouchy, feelyÃƒÂ¢Ã â ¬Ã Â• but an avenue toward improving performance whether in the midst of surgery, diagnostic dilemmas, or challenging conversations with patients.

Ronald Epstein has made a significant contribution to the art and practice of medicine. This is a wonderful read that combines rigorous research, personal vignettes and moving clinical stories to highlight and advance the critical importance of physicians being present (attending) to their patients. He has moved the field of mindful practice forward by leaps and has done so in a remarkably well-written and engaging book, one that everyone, not only medical and healthcare professionals, should read. I highly recommend it.

Unlike many of his fellow physicians who wear a professional mask of infallibility and omniscience, the author chooses to reveal his human flaws. In so doing, he courageously witnesses the imperfect humanity of all those who would choose to be dedicated and compassionate healers. Through honesty and insight, Epstein transmutes his personal vulnerabilities into a moving testament to spiritual strength and the means by which it can be discovered.

Outstanding - a clinician speaks to fellow clinicians - with recognizable experiences from practice - but with the pointed offering of skills to make the practice of medicine more doable in the fashion we all thought of when we entered medical school and in a way that preserves our commitment to helping our fellow men and women.

An excellent book! I enjoyed that the focus was on how a physician can manage his/herself to continue to practice and enjoy medicine despite externally imposed barriers. It is help to manage oneself rather than the system and to accept patients as they are in order to best serve them

This book was not good. Although I agree with the ideology (thus I give it 2 stars), it was horribly repetitive and difficult to get into. It was both condescending and quite boring due to its frequent repetition of essentially the same theme or a minor alteration of the same theme. This book could be summed up in one sentence: don’t practice medicine on autopilot.

This book summarizes all that I’ve learned about working with patients in my past 23 years of medical practice. Should be required reading for every medical student.

wonderful to read.

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