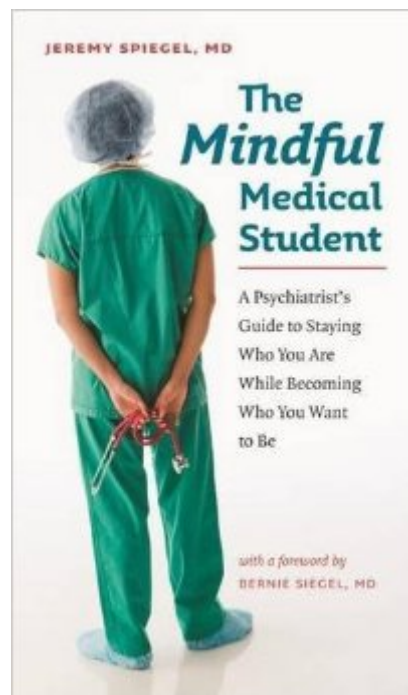


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# The Mindful Medical Student: A Psychiatrist's Guide To Staying Who You Are While Becoming Who You Want To Be



## Synopsis

Four years in medical school are not only demanding and competitive in a strictly academic sense, but they may bring students face-to-face with perfectionism, anxiety, obsessions, power plays, difficult patients, ethical dilemmas, identity crises, sleep deprivation, financial strain, and "perhaps for the first time in their lives" confrontations with disease, suffering, and death. *The Mindful Medical Student* will broaden readers' perspectives and cultivate their ability to respond to the extreme emotional, psychological, and spiritual challenges posed by medical school and, eventually, a medical career. Jeremy Spiegel, MD, tackled these issues head on, prevailed, and became a first-rate psychiatrist. Now, in a vital book, he shares what he has learned.

## Book Information

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## Customer Reviews

As a 4th year student i found this book on my kindle that i bought on the recommendation of a doctor during my first year. I wish i had read it sooner. A lot of the struggles i experienced during my training in my head could have been avoided. It was refreshing to see others have felt the same way during their training. Though late for med school it will still prove useful in residency.

Dr. Jeremy Spiegel's *The Mindful Medical Student: A Psychiatrist's Guide to Staying Who You Are While Becoming Who You Want to Be* is a rare book of original, compassionate wisdom detailing sound strategies for students to be true to themselves while pursuing healing careers. Dr. Spiegel gently leads others through incredible challenges, while showing them how to nurture their healthy,

natural identities, and, thus, be profoundly "real" in both professional and personal matters. Jeremy Spiegel writes with a wonderful clarity, precision, and grace, and his poignant, wise approach also makes this a compelling book for professionals in all fields who want to be faithful to their own "true selves." Dr. Spiegel promotes an understanding of the human condition while providing hope---and he does this with heartfelt truths.

excellent book...helpful for anyone..not just med students

The book arrived just a few days after I ordered. It was a pleasant surprise.

I do not recommend the reader to get this book and take it seriously. The author merely makes a popular idea and packages them as "mindfulness," while borrowing concepts from Zen Buddhism. One might very well read this book and feel very good about himself or herself. But the book is very misleading about what a "True self" really is. The true self originally is about the discarding of these false "selves"... so to speak. The true self is a very disciplined and discarded state that ideally does not depend on the individual. The true self is not really about doing whatever one wants, but rather is a very unnatural state (at first). The true self as the author defines it is a very carefree state. He makes it seem like the true self is like what every college student is: unbound by any rules or societal norms. He sees it as if it is like going to treasure island. The author uses the principles of Buddhism and uses them in an unusual way. He analyzes other people to figure out their psychologically, implying that something must be wrong with them. In Buddhism, someone who engages in meditation is like an olympic athlete. He is disciplining himself to get the gold medal. He diligently exercises at the expense of his own desires and whims. A real Buddhist would not use Buddhism to analyze other people. In short, this book is not necessarily wrong. But it is not a description of meditation, Buddhism, or medical school. After this book, Jeremy Spiegel spoke at lectures at various medical schools. While he was well received, the reader should be wary of what is written here.

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