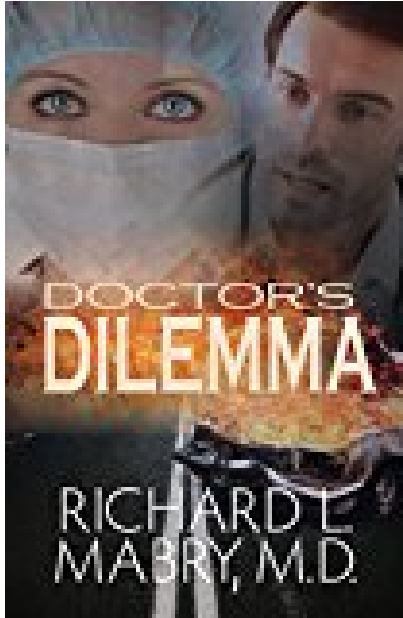


Doctors Dilemma



BOOK DETAILS

- Author : Richard L. Mabry MD
- Pages : 156 Pages
- Publisher :
- Language : English
- ISBN :

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BOOK SYNOPSIS

"A Doctors Dilemma examines and probes the forces that impact on the carer in order to understand and defuse the stress they cause." "Today's popular focus when considering stress is too often on factors external to the self, proposing behavioural solutions as the way to deal with it. This book takes a more radical approach. Stress, it argues, can be the consequence of internal pressures within the individual which can undermine more focused, less demanding and, arguably, more constructive ways of working. In particular it explores and applies the theory of projection as a means of understanding how the inner worlds of both doctors and patients can affect behaviour and the ways in which they perceive each other. A more reflective approach, the author argues, can free those in the caring role from the pressure of other people's inner worlds and help them to be more effective." "Examples from medical practice feature throughout the book as illustrations of the author's ideas and approach. Written in a clear and jargon-free style, the book provides valuable insights and strategies for doctors in general practice but equally for carers in a variety of professional settings. It will be essential reading for carers who are sufficiently self-aware to want to understand the internal pressures that arise from the demands of their work whilst taking responsibility for as much of their lives as possible."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

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