

BOOKS RECEIVED

THE CRANIOVERTEBRAL JUNCTION: DIAGNOSIS, PATHOLOGY, SURGICAL TECHNIQUES. 2011. Edited By Atul Goel, Francesco Cacciola. Published by Georg Thieme Verlag. 574 pages. C\$290.00 approx.

CASE-BASED INTERVENTIONAL NEURORADIOLOGY. 2011. By Timo Krings, Sasikhan Geibprasert, Karel G. ter Brugge. Published by Thieme Medical Publishers, Inc. 446 pages. C\$95.00 approx.

TUBEROUS SCLEROSIS COMPLEX: FROM BASIC SCIENCE TO CLINICAL PHENOTYPES. 2003. Edited by Paolo Curatolo. Published by Mac Keith Press. 314 pages. C\$112.00 approx.

NERVE AND MUSCLE. FOURTH EDITION. 2011. By Richard D. Keynes, David J. Aidley, Christopher L.-H. Huang. Published by Cambridge University Press. 183 pages. C\$45.00 approx.

DECISION MAKING FOR MINIMALLY INVASIVE SPINE SURGERY. 2011. Edited by Faheem A. Sandhu, Jean-Marc Voyadzis, Richard G. Fessler. Published by Thieme Medical Publishers, Inc. 216 pages. C\$75.00 approx.

ANIMAL MODELS OF DEMENTIA: NEUROMETHODS 48. 2011. Edited by Peter Paul De Deyn, Debby Van Dam. Published by Humana Press. 732 pages. C\$180.00 approx.

THE OPIATE RECEPTORS. SECOND EDITION. 2011. Edited by Gavril W. Pasternak. Published by Humana Press. 516 pages. C\$230.00 approx.

APHASIA AND RELATED NEUROGENIC LANGUAGE DISORDERS. FOURTH EDITION. 2011. Edited by Leonard L. LaPointe. Published by Thieme Medical Publishers, Inc. 286 pages. C\$65.00 approx.

CEREBRAL REVASCUARIZATION: MICROSURGICAL AND ENDOVASCULAR TECHNIQUES. 2011. Edited by Eric S. Nussbaum, J Mocco. Published by Thieme Medical Publishers, Inc. 257 pages. C\$150.00 approx.

RESEARCHING THE AUTISM SPECTRUM. CONTEMPORARY PERSPECTIVES. 2011. Edited by Ilona Roth, Payam Rezaie. Published by Cambridge University Press. 401 pages. C\$60.00 approx.

BOOKS REVIEWED

HOW TO SURVIVE IN MEDICINE; PERSONALLY AND PROFESSIONALLY. 2010. By Jenny Firth-Cozens with Jamie Harrison. Published by Wiley-Blackwell and BMJ Books. 127 pages. C\$45 approx.

Rated ☆☆☆

This book is a sign of the increasing attention paid to quality of life issues in medicine. Over the past few decades, more physicians at all levels of their careers have begun to pay more attention to their own physical and mental health. I would recommend this book to the readership of the Journal, because it deals with important issues that face those in our profession in a reasonably comprehensive way. However, I believe this book has a number of weaknesses that could be improved upon in future editions (which I hope will be forthcoming).

Firstly, the importance of having positive role models for trainees is not fully considered. I personally have benefited greatly from advice from mentors in terms of how to successfully balance career and personal life. It should be emphasized that while the problems emphasized in the book (divorce, substance abuse, depression) are more common in medicine, they are certainly far

from ubiquitous. Future editions could more thoroughly explore the psychological characteristics of those who achieve high quality of life in medicine.

This edition also does not fully develop the importance of drawing boundaries day to day between career and home life in Section 3.1 (work-home balance in medicine). One of my mentors has related stories of a colleague who once faxed completed work to the office from the hotel while on vacation in San Diego in order to demonstrate how blurred these distinctions often become. In my opinion, those who succeed in medicine personally most often see medicine as "more than just a job", but are able to prevent it from "taking over" in their home life. The book does not fully address this (work-home imbalance) as a possible contributing factor to depression and substance abuse, and I would like to see some data on this in future editions.

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