

## Book Review

**“What We Miss In Medical School”** by Anuradha Totey, 1st Edition 2018, Published by Paras Medical Publisher, 5-1-475, 1st Floor, Putlibowli, Hyderabad 500095, 18cm x 12cm, pp 210, Rs195/-.

This book is an effort on the part of the author to put her words into a literary piece to highlight the life skills for doctors.

The first chapter is on Doctor-patient relationship which can be achieved mostly through verbal communication. A doctor should never forget that the patient should be treated as a customer, and a customer is always king. Building the bridge of communication should be the doctor's responsibility.

Next the author has highlighted on "Tap your Potential, Doctor and Set Your Goals". She has highlighted that at the beginning of his/her career a doctor must explore his/her potentials. The best recommended way to do this is through "SWOT" Analysis (Strength, Weakness, Opportunities, Threats).

Time Management has been stressed where one important step is "Multi-Tasking" which means doing different tasks successively, without hardly any time loss in between.

Building Up Team : The basic point which has been dealt is that the characteristics of a good team are

- (A) Trust among the members
- (B) Clear communication
- (C) Well –defined roles of all members
- (D) Sense of Unity among members

The author has vividly included important chapters like Financial Management and the need for Insurance cover. You got to appoint one Financial Consultant and jot down your expected earnings, plan for Emergency fund, Loans etc. Professional Indemnity policies to be taken along with insurance of other misc. Liabilities.

One of the least understood and neglected item for Doctors is proper investment of your money.

Hence the need for finding out a trustworthy and knowledgeable investment consultant. Always remember the most important mantra – "Never put all the eggs in one basket".

The author has tried to cover other related points like Tax payment, Financial planning, Retirement planning and related subjects elaborately which will be helpful for the Doctors.

Another subject well covered is "Branding and Marketing Yourself" where it is mentioned that personal branding is synonymous with the doctor's technical reputation. For creating a brand for a hospital it should be entrusted to a competent organisation. After creating brand next step is to market yourself and the hospital by various ways which have been described in an excellent manner.

The author has covered other related issues like – Violence against the Doctors, Medico-legal issues and Stress Busters for Personal and Professional life.

Lastly it has been highlighted that modern hospitals need professional management inputs, so as to manage hospitals effectively and efficiently and some of the areas have been mentioned in details.

The last three chapters in the book have references to the works of various other writers, but presented here in a jumbled up manner interspersed with catchy slogans. The basic theme could have been developed in a more logical and coherent manner.

This is a good self help book for the medical field personnel to deal with the various challenges he faces day in and day out. There are some questionnaires to be filled and to do some soul searching so as to extract the maximum advantage.

To summarise the book is recommended for all medical personnel where they will definitely find something worth implementing.

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**“Brain & Neurological Disorders”** by Dr Sudhir V Shah and Dr Heli S Shah, First Edition 2017, Published by Jaypee Brothers Medical Publishers (P) Ltd, 4838/24, Ansari Road, Daryaganj, New Delhi 110002, 25cm x 16.5cm, pp 412.

It is indeed a pleasure to write a review on the book “Brain and neurological disorders” by Honorable Professor Dr Sudhir V Shah, Professor and Head, Department of Neurology, VS General Hospital and Director of Neurosciences, Sterling Hospital Ahmedabad, Gujrat, India. Needless to mention Dr. Sudhir Shah has recently awarded “Padmashri” by the Government of India for his enormous academic and social contribution.

The book comprises of 27 chapters, with an overview of nervous system and imaging of the Brain to start with. Approach to coma, epilepsy, stroke, headache is very lucidly elaborated and easily understood by any student both postgraduates pursuing a course in neurology, or general medicine.

For post-doctorals pursuing a course in neurology the chapters like Movement disorders and dystonia, Parkinsonism, ataxias are immensely helpful. The diagrams and the descriptions in relation to these diseases are easily digestible and students will be able to grasp the subject because of extensive coverage.

The vast experience and expertise of the author is reflected in subsequent sections like central nervous system infections, demyelinating disorders, neuromuscular disorders peripheral neuropathies, stress and psychiatric disorders. These chapters are extensively covered in a simplified manner so as can be followed by teachers in medical profession, practicing doctors, students and even paramedics. The authors (both Professor Shah and his daughter Dr Heli Shah, a budding neurologist) have covered medical as well as social aspects of neurological disorders, thus adding further flavor. Each chapter begins with a memorable quotation which touches upon the hearts of every reader and also brief historical aspects worth memorizing. In the end authors have given a list of side effects of commonly used drugs in neurology with important tips to remember.

In addition to compliment and congratulate the authors I am confident that this book will have wide circulation- thereby fulfilling the basic objects of improving health care of the community at large.

This book is a must for every neurologist, Practicing physicians, and health educators and I am sure this book will find a place in the library of every medical institution.

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**“Indian Handbook of Hypnotherapy Foundations and Strategies”** Dr Bhaskar Vyas and Dr Rajni Vyas, 4th Edition, Published by Concept Publishing Company Pvt. Ltd., A/15-16, Commercial Block, Mohan Garden, New Delhi-110059, 24.5cm x 16.5cm, pp 386, Rs1200/-.

The 4th revised and enlarged edition of the “Indian Handbook of Hypnotherapy Foundation and Strategies” is written in a very lucid and simple language by Dr Bhaskar Vyas and Dr Rajni Vyas. The book is divided into 26 chapters and contains 386 pages. For the practice of hypnotherapy a person needs a basic understanding of physiology, philosophy, psychology and also psychotherapy. This book will fulfill all these needs. Freud's unconsciousness and psychobiological model of disease creation have been described excellently in this book. Apart from the beautiful psychological explanations, this book gives an idea about the different neuro-hormones and anatomical structures of our brain, involved in stress response. It is an Indian culture-based model book of hypnotherapy. The authors have beautifully described the ideal set up of a hypnotherapy clinic and practical application of knowledge about hypnotherapy eg, techniques of induction, exploration of unconscious mind, indications of hypnotherapy, amongst other. It emphasizes that almost all psychiatric illnesses except few psychosis, specially paranoid, will be benefitted by hypnotherapy.

This book is very much effective and a must for them who are legitimately entitled to practice hypnotherapy. The scientific integration of art, science and therapy would enlighten all academicians and students of psychiatry and psychology. Dr Bhaskar and Rajni Vyas must be applauded for their strenuous, sincere and honest efforts to maintain the standard of the book.

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