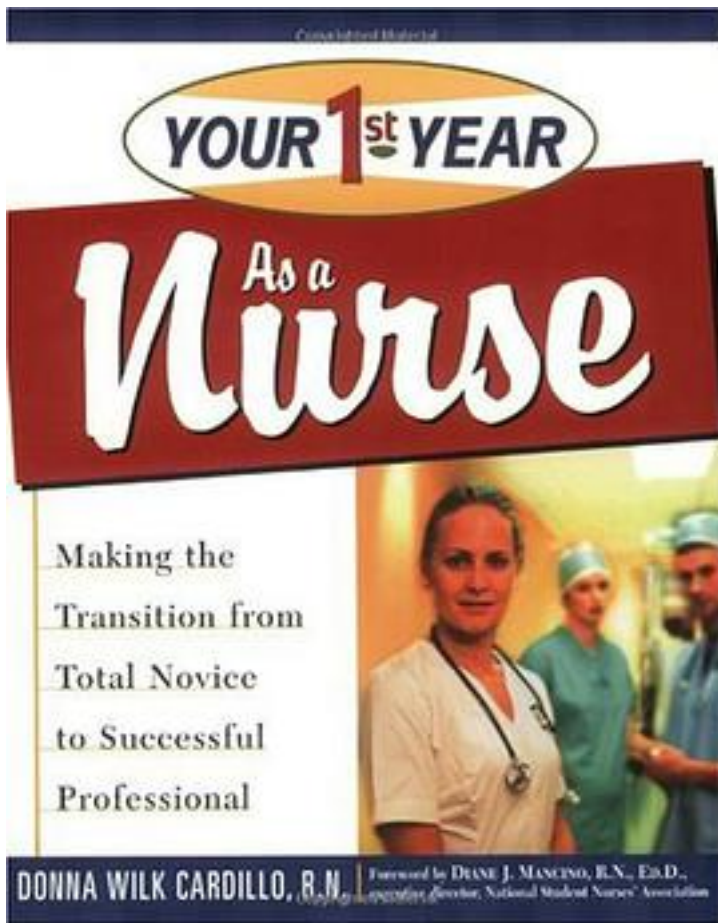


# Your 1st Year as a Nurse



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Survive and Thrive As a Nurse from Day One Welcome to the compassionate and caring world of nursing You are entering a profession that offers great rewards and endless opportunities. But you must prepare for the challenges ahead and do everything you can to ensure that you experience the best that nursing has to offer.

This invaluable book will get you started Written by an experienced R.N., "Your First Year As a Nurse" provides practical, real-world solutions to the profession's most common and difficult issues. Inside, you'll find out what you "really" need to know, who you need to know, how to avoid missteps, and where you can go for help when you need it. Gritty, witty, and full of invaluable tips and advice from first year nurses, this book is your personal mentor for your new career. Ensure a healthy first year by knowing how to: -Acquire the job that's perfect for you -Create your own patient-centered style of nursing -Develop positive relationships with doctors, patients, and other nurses -Stay positive, deal with conflict and adversity, and avoid burnout -Network, enhance your education and career, and become a leader "Combines common sense with the wisdom of a seasoned professional. A valuable resource for new graduates as they begin practice."--Lucille A. Joel, R.N., Ed.D., FAAN, professor, Rutgers College of Nursing, and former president, American Nurses Association "A must-read for all nurses, not just new graduates"--Joan Orseck, R.N., president, National Association for Health Care Recruitment

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