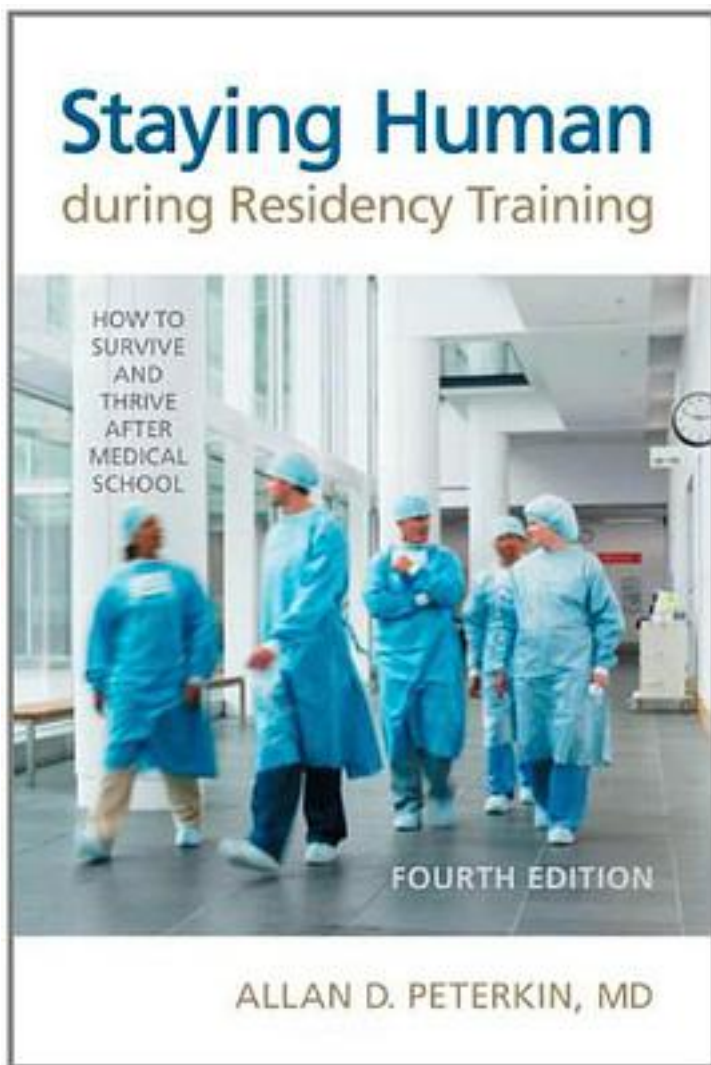


# Staying Human During Residency Training



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Known as an invaluable resource by thousands of doctors across North America, *Staying Human during Residency Training* is a concise manual designed for medical students, interns, residents and fellows in all areas of specialization. Covering every aspect of a resident's life from choosing a residency program, to coping with stress, enhancing self-care, and protecting personal and professional relationships, this fourth edition updates important material with new references, resources, and websites. Containing an expanded section on learning and teaching, this new edition also has an increased emphasis on balance, personal values and professionalism. With the same vitality of previous editions, Dr. Allan D. Peterkin provides hundreds of practical tips on coping with sleep deprivation, time pressures, and other issues of concern for hospital residents, while also discussing ethical and legal matters, issues pertinent to women, parents, as well as international, and minority students. Offering advice on how to deepen relationships with colleagues, friends, and family, and to foster more empathic connection with patients, he also offers practical antidotes to cynicism, careerism, and burnout. Informative, compassionate, and professional, this new edition will again show why *Staying Human during Residency Training* is a veritable bible for medical students and new physicians pursuing postgraduate training.

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