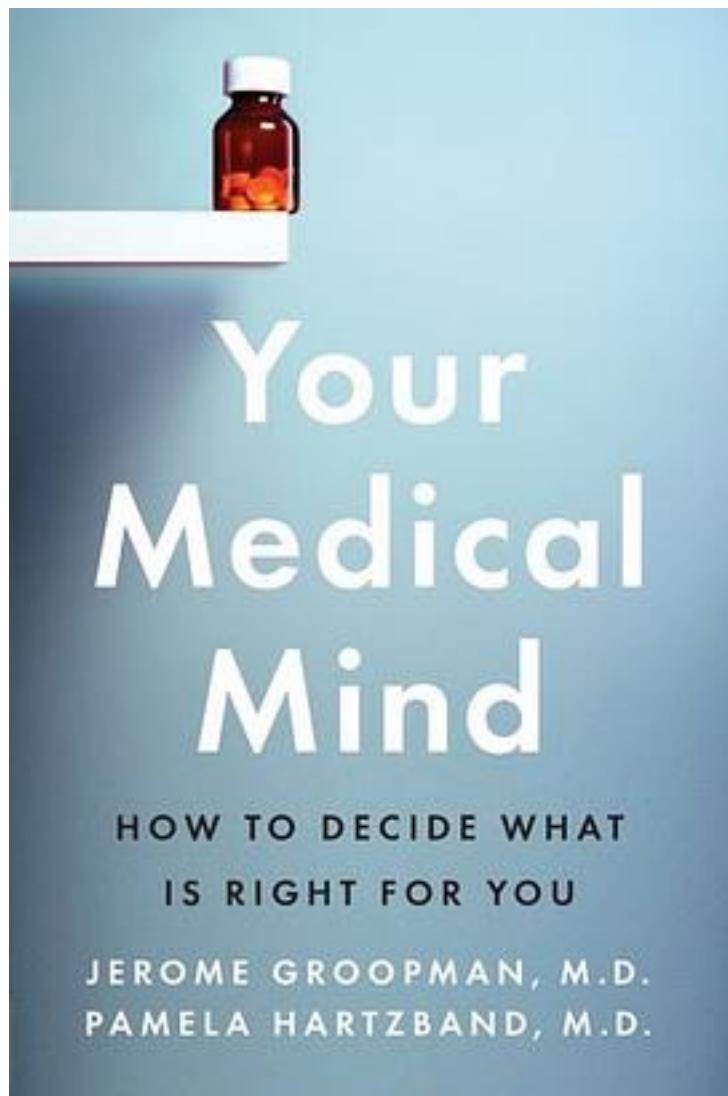


Your Medical Mind



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The essential tools for making our own best medical decisions, cutting through the confusion caused by the health-care system, the media, and gaps in our own reasoning. Making the right medical choices is harder than ever. Whether we're deciding to take a cholesterol drug or choosing a cancer treatment, we are overwhelmed by information from all sides: our doctors' recommendations, dissenting expert opinions, confusing statistics, conflicting media reports, the advice of friends, claims on the Internet, and a never-ending stream of drug company ads. Your Medical Mind shows us how to chart a clear path through this sea of confusion. Drs. Groopman and Hartzband reveal that each of us has a set of deeply rooted beliefs whose profound influence we may not realize when we make medical decisions. How much trust we place in authority figures, in statistics, or in other patients' stories, in science and technology or in natural healing, and whether we seek the most or the least treatment-all are key factors that shape our choices. Recognizing our preferences and the external factors that might lead our thinking astray can make a dramatic, even lifesaving, difference in our medical decision making. When conflicting information pulls us back and forth between options, when we feel pressured by doctors or loved ones to make a particular choice, or when we have no previous experience to guide us through a crisis, Your Medical Mind will prove an essential companion. The authors interviewed scores of patients who have struggled with situations such as these. They also drew on research and insights from doctors, psychologists, economists, and other experts to help reveal the array of forces that can aid or impede our thinking. They show us the subtle strategies drug advertisers use to influence our choices: they unveil the extreme-sometimes dangerously misleading-power of both narratives and statistics. And they help us understand how to improve upon a universal human shortcoming- assessing the future impact of the decisions we make now. Jerome Groopman, a New Yorker writer and bestselling author, is an oncologist who guides his patients through life-or-death decisions. Pamela Hartzband is a noted endocrinologist and educator at Harvard Medical School who helps patients make critical decisions about their long-term health. As patients, the authors have very different preferences, yet they are united when conveying the book's groundbreaking message: we can cut through the confusion and arrive at decisions that serve us best.

作者介绍:

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●哈佛大学医学院教授，美国贝斯以色列女执事医疗中心主任，在癌症与艾滋病研究领域处于世界领先地位。

●在哥伦比亚大学获得医学博士学位后，至马萨诸塞州总医院担任住院医生，先后入选美国国家科学院医学研究所院士、美国科学促进会会士。

●定期为《华尔街日报》《新共和》《华盛顿邮报》撰文，《纽约客》签约作者，《纽约时报》畅销书作家。

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●哈佛大学医学院助理教授，美国知名内分泌科医生，被评为“美国最好的医生”之一。

●哈佛大学医学博士，在甲状腺、肾上腺等疾病和女性健康领域颇有成就。

●常与丈夫格罗普曼合作一起为《纽约时报》《华尔街日报》《新英格兰医学杂志》以

及其他科学期刊撰稿。

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标签

医疗

medical

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psychology

评论

An extraordinarily inspiring book. It definitely has a profound impact on my medical mind. I am willing to sacrifice my sleeping time to read this book.

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书评

本书作者是两位医生，据《三联生活周刊》说，是一对夫妻。本书举了一些比较典型的病人的面对医疗选择的案例，从这些案例引出心理学与医学的相关研究结论。有些人极端相信医学，愿意尝试最新的治疗方案，有些人则极端保守，极力避免接受治疗。书中一个重要的信息是：医疗在...

这本书的英文名字是《Your Medical Mind (How to Decide What Is Right for You)》，是一对年长的医生夫妻共同完成的著作，出版社应该是为了和之前出版的阿图医生写的《最好的告别》(Being Mortal: Medicine and What Matters in the End)相对应做个系列，...

因为最近的疫情，我开始读一些与疫情、就医相关的书籍。《最好的抉择——关于就医看病你要知道的常识》就是其中一本。书中两位哈佛医学院教授，通过亲访追踪16位高胆固醇、甲亢、乳腺癌、肝癌等患者，从医学、心理学、经济学、统计学等角度，分析比较了不同职业、背景的患者在...

每个人都有自己的“医疗观”

对待同样的病况，患者的反应往往各不相同。身体不适时，有的人觉得不严重，在家忍受病痛保持观察，有的人马上挂了第二天的号；有的人抗拒抗生素和西药，相信老祖宗的智慧，觉得纯天然的中药最可靠；有的人只要听医生说有一定风险就会选择保守治疗，...

14.7万字，看了三个小时，七分向下取整。我觉得是作为普通人类也可以看一下的书，多一些医学常识，能在就医的时候多一些淡定，少一点焦虑。以下几个观点是我比较赞同的，在这本书里主要以案例的形式加以说明。

第一，治疗方案是医生，患者共同制定的。很多医患矛盾里面，患者最...

《最好的抉择》是一本有关看病就医常识的书，它的作者是一对医生夫妇杰尔姆·格罗普曼和帕米拉·哈茨班德。丈夫是世界领先的癌症与艾滋病专家，妻子是美国知名的内分泌科医生。他们与几十位病人做了深度访谈，探究到底怎样的治疗方案，对于病人来说，才是最好的。第一，要不要...

理由：病人是医疗决定的结果承受者，因此医疗行为需要将病人的意见包括在内。患者自主决定原则的内涵，是指无论医生提出什么治疗方案，病人都有权利决定接受或否决。

这项原则的良好运行，要求病人充分了解自己的病情以及医疗决定所依赖的根据。（我估计本书作者要是知道中国盛...

在信息发达、网络便捷、治疗手段日新月异的今天，去哪里看病、看哪个医生、采取何种治疗手段，患者往往面临着更多的选择，可是当没有哪个选择明显地优于其他时，人们的心中便又多了一份踌躇与茫然。尤其是当每一次选择都决定着自己生命的长度和质量时，我们更渴望做聪明的患者...

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