



The Mindful Medical Student: A Psychiatrist's Guide to Staying Who You Are While Becoming Who You Want to Be

Jeremy Spiegel M.D.

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Four years in medical school are not only demanding and competitive in a strictly academic sense, but they may bring students face-to-face with perfectionism, anxiety, obsessions, power plays, difficult patients, ethical dilemmas, identity crises, sleep deprivation, financial strain, and—perhaps for the first time in their lives—confrontations with disease, suffering, and death. *The Mindful Medical Student* will broaden readers' perspectives and cultivate their ability to respond to the extreme emotional, psychological, and spiritual challenges posed by medical school and, eventually, a medical career. Jeremy Spiegel, MD, tackled these issues head on, prevailed, and became a first-rate psychiatrist. Now, in a vital book, he shares what he has learned.

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