



# Prescription for Change for Doctors Who Want a Life

By Susan E Kersley

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*Prescription for Change for Doctors Who Want a Life* promotes a healthy work/life balance. It is a practical, easy-to-read guide containing useful tools and advice with specific references to medical scenarios written in a straightforward style. Susan E Kersley is a qualified doctor and regularly writes for BMJ Career Focus, speaks at the BMJ Careers Fair, and runs workshops on personal development and self-care for doctors. Doctors of all grades and specialties will find this philosophy invaluable, as will medical mentors, careers advisors and counsellors.

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## Prescription for Change for Doctors Who Want a Life By Susan E Kersley Bibliography

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### Editorial Review

#### Review

"Maybe it is uncomfortable to read something that makes you realise how miserable your life is. Maybe it is too unbearable to try and change. Susan certainly hits your vulnerable spot but also leads you through what practical things you can do to make a difference in your life.' Rhona MacDonald, in the Foreword from the First Edition"

#### About the Author

Trisha Greenhalgh is Professor of Primary Health Care at University College, London and a practising GP. Her main areas of interest are

- Web based teaching and learning, especially for health care professionals
- Evidence based health care and quality improvement, especially in relation to multiprofessional and interdisciplinary working
- Health service management, especially organisation, delivery and evaluation of diabetes services in primary care
- Use of personal narrative to explore the patient's perspective and illness experience, especially in relation to diabetes in minority ethnic groups

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**William McCown:**

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