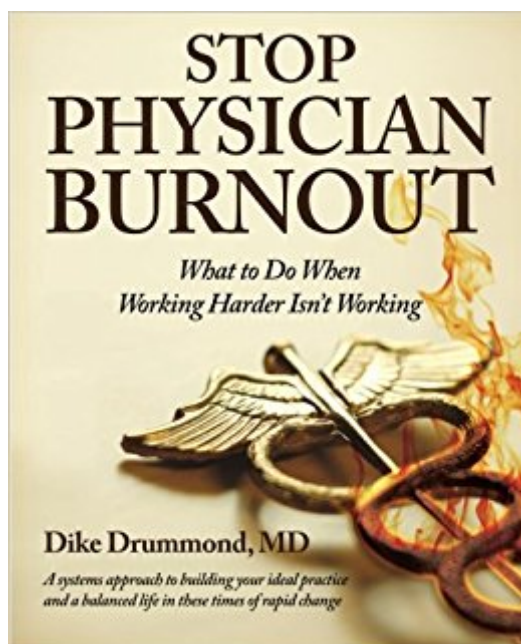


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# Stop Physician Burnout: What To Do When Working Harder Isn't Working



## Synopsis

STOP PHYSICIAN BURNOUT – “What to do when working harder – | isn’t working” The first step-by-step manual for any physician in any specialty to stop physician burnout, build a more ideal practice and a more balanced life. Chart your course from Physician Burnout to Your Ideal Practice using this first comprehensive stress-reduction resource for practicing physicians. You can be a modern doctor and have an extraordinary life when you learn and practice the tools in this book. Does this feel even remotely familiar? – “I’m not sure I can go on like this for much longer!” – “There is no one I can talk to” – “no one who would understand!” – “This is crazy” – “I am I crazy?” – Use this book to STOP the downward spiral of physician burnout with field-tested, doctor-approved techniques discovered through thousands of hours of one-on-one coaching with physicians facing career-threatening burnout. Dr. Dike Drummond, MD, CEO and founder of TheHappyMD.com, will show you: ~ Physician burnout symptoms, effects, and complications ~ Physician burnout pathophysiology and four main causes ~ How to bypass the invisible doctor – “Mind Trash” – that gets in the way of your recovery from physician burnout ~ The three step process to ensure you are always building a more ideal practice ~ 14 proven burnout prevention techniques and FREE access to an additional 19 techniques on our Power Tools web page – “a private resource library only for book purchasers like you ~ How to know when it is time to quit this job and conduct a physician job search ~ How to know when it is time to actually retire and how to do that with skill and grace ~ Seven case studies of real doctors and the way they put these burnout prevention tools to use Stop Physician Burnout is unlike any physician burnout book in existence. It contains a step-by-step method to build a more Ideal Practice and a more balanced life whether or not you are suffering from physician burnout at the moment ===== “Such a vital area of medicine and desperately needed. Clear, simple and actionable. It is a gift.” ~ Stephen Beeson MD author of Engaging Physicians: A manual to physician partnership ===== Dike Drummond, MD is a Mayo-trained family doctor, executive coach, speaker, and consultant on physician burnout prevention and physician leadership for doctors in all specialties. He is CEO of TheHappyMD.com – “an online source of tools and information so YOU can be a Happy MD. His online community of over 8300 physicians from 63 different countries has allowed him to create and test the physician burnout lessons in this book in the real world of practicing doctors and their rapidly changing healthcare environment. Dr. Drummond’s physician burnout prevention articles are frequently posted on KevinMD.com, HuffingtonPost.com, TheDoctorWeighsIn.com. He has consulted with or been a featured speaker for Kaiser Permanente Northwest, MD Anderson Cancer Center, McKesson US Oncology Network, The Group Practice Improvement Network, the AAFP,

the ACPE, the Minnesota Medical Association, and many more. ===== Keywords: Physician burnout, physician burnout prevention, physician burnout coach, physician burnout book, dike drummond, the happy md, physician leadership, physician stress management, stress management, physician coach

## **Book Information**

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## **Customer Reviews**

Dike Drummond MD - Physician Burnout and Leadership Expert • The physician burnout epidemic in our healthcare providers is a completely predictable result of their medical training and the generally accepted definition of "success". AND it is both a Treatable AND PREVENTABLE Condition. • Dike Drummond MD is an expert on physician burnout prevention and physician leadership development and the CEO of TheHappyMD.com with over 8300 physician members in 63 countries around the world. His new book: "Stop Physician Burnout - what to do when working harder ... isn't working" is the first step-by-step guide for any physician in any specialty to create a more ideal practice and a more balanced life. He is a Mayo trained Family Practice Physician and executive coach with extensive experience in Medicine, Leadership, Coaching and Personal & Business Development. Dike graduated from the Mayo Medical School in Rochester, Minnesota in 1984 and completed his Family Practice Residency at the Shasta Cascade Program in Redding, California in 1987. Dr. Drummond practiced full spectrum Family Medicine for 11 years as a member of the Skagit Valley Medical Center in Mount Vernon, Washington. He was also their Chairman of the Executive Committee and Managed Care Medical Director. He left his full time medical practice in 1999 to become COO of Superteams, LLC providing Leadership and Facilitation training to Lean Six Sigma Black Belts in all branches of the US Military. He is a certified Life and

Business coach with extensive experience in personal and business development with physicians and entrepreneurs over the last 10 years Dr. Drummond has consulted with or been a featured speaker for Kaiser Permanente Northwest, MD Anderson Cancer Center, McKesson US Oncology Network, The Group Practice Improvement Network, the AAFP, the ACPE, the Minnesota Medical Association, and many more. His writings on Burnout Prevention, Leadership and Work Life Balance have been published extensively online at Huffington Post.com, KevinMD.com as well as publications such as Medical Economics, Physician's Practice and AMA News. Dr. Drummond can be reached through his website [www.thehappy.md.com](http://www.thehappy.md.com)

I have read and re-read this book several times now. It's a treasure-trove of helpful ideas to help any of us over-wrought doctors examine our burnout and use what we find to re-imagine and reconfigure our lives and work. Most of us have had no training or preparation for the business side of medicine, and it undoes us when we walk into employment situations hoping that administrators will have our best interests at heart. Or, we have no clue how to negotiate or lead teams effectively. We think we know how to take care of patients, but as Dike correctly points out, even patient care is challenging. More so in the current climate of EMR's and increasing documenting and "value-based" criteria for payment. Then, if something happens at home to un-do our already precarious "balance," we can go under completely. Thanks to Dike for putting together such a concentrated stew of nourishment here! Because it can be somewhat overwhelming to take it all in at one sitting, I strongly recommend multiple readings and actually USING the material -- and testing out how it works in your own life.

This book is an excellent resource for anyone working in a 'high burnout' occupation, not just physicians. The book is extremely easy to read and very very practical - with the emphasis on taking small but strategically potent steps to reverse the spiral towards burnout. Much of the book will be directly relevant to all, while some sections are very MD specific, such as coping with Electronic Medical Records systems. However, even this latter section has advice that is very relevant in any system where one is required to work with particular computer systems whether one wants to or not. I bought two copies of this book - one for 2 close family members who are doctors, and one for myself. I work as an EAP counselor and as a counselor in a university which trains veterinary students. I see a number of parallels in the conditioning that Dike Drummond describes as occurring as part of the education of M.D.s in relation to Veterinary training (workaholic, superhero, Emotion-free, Lone Ranger, perfectionist). I strongly recommend this book for anyone

wanting to prevent burnout or reverse the spiral toward burnout.

Physician Burnout Remains Alive - What will you do to put out the fire ?, December 31, 2014  
By robert beltran Verified Purchase (What's this?) This review is from: Stop Physician Burnout: What to Do When Working Harder Isn't Working (Paperback) This book will prove to a real "life saver" for any of our colleague who suffer from burnout. I only wish our most recent physician suicide victim could have read Dike's book. He unfortunately thought "working harder would work". The culture of acceptance and accountability by our established health care institution is far from welcoming and bracing much of the good education and advice that is in Stop Physician Burnout. Why another physician suicide will and has to take place to raise awareness is puzzling and disappointing. Unfortunately that is human behavior for you. Man does not change unless a crisis occurs. Unfortunately for the suicide victim there is no second chance. Fight On !!!!! Robert A. Beltran, M.D., M.B.A. Minister of Health and Well-Being President/CEO Wounded H.E.A.R.T.S. Foundation

As expected.

Finally I have hope again for finding joy in my practice of medicine. This well written book has helped me understand my burnout, and even more importantly given me a path to live a more fulfilling professional and personal life. I am grateful for the author's insights. I will read this book again! I have purchased copies for my office manager and the other providers in my office. Thank you so much, Dr Drummond, for sharing your professional and personal experiences!

Dike Drummond is one of us, a member of the Cult of Hippocrates, a disciple of Aesclepius. He understands the lofty goals and aspirations of the physician, the idealism, the ambition, the sacrifice, the stress, the astronomical cost of a medical education, the unceasing attempt to juggle the overwhelming demands of patient care, continuing self-education, tyrannical bureaucracy, bottom-feeding malpractice attorneys, licensure and board-certification requirements, constant exposure to human pain and suffering, personal sacrifice of sleep, leisure and health, and guilt over the sacrifices demanded of loved ones. Dike has been through burnout and emerged as a strong, creative, focused, and caring individual who has already helped thousands of fellow physicians through his blog, website, and public speaking. With creativity, substance, encouragement, honest personal sharing and self-reflection, and case histories that we can all identify with, this book can serve as guide out of powerlessness and physical, emotional, and spiritual depletion, toward a

self-determined, fulfilling, and sustainable career path.

It helps.

This is one of the best books I've read on physician burnout with some very practical tips, guides, and questions for docs to think about.

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Stop Physician Burnout: What to Do When Working Harder Isn't Working The Burnout Gamble: Achieve More by Beating Burnout and Building Resilience Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Please Stop Helping Us: How Liberals Make It Harder for Blacks to Succeed 2016 ICD-10-CM Physician Professional Edition, 1e (Ama Physician Icd-10-Cm (Spiral)) 2017 ICD-10-CM Physician Professional Edition, 1e (Ama Physician Icd-10-Cm (Spiral)) 2018 ICD-10-CM Physician Professional Edition, 1e (Ama Physician Icd-10-Cm (Spiral)) So, You Want to Be a Physician: Getting an Edge in the Pursuit of Becoming a Physician or Other Medical Professional How To "Ace" The Physician Assistant School Interview: From the author of the best -selling book, The Ultimate Guide to Getting Into Physician Assistant School Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health The Warrior Diet: Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body Make Her Scream: Last Longer, Come Harder, and Be the Best She's Ever Had Sex: Make Her SCREAM - Last Longer, Come Harder, And Be the Best She's Ever Had Study Smarter, Not Harder (Reference Series) Television Can Blow Me 3: Blow Harder Raising the Enemies' Child: Being a parent is hard. Being a step-parent is harder. The Harder You Fall: A sizzling contemporary romance (Original Heartbreakers Book 3) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) The 30 Day Romance Novel Workbook: Write a Novel in a Month with the Plot-As-You-Write System (Write Smarter Not Harder) Fat Vampire 4: Harder Better Fatter Stronger

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