

BOOK REVIEW

'EVERY DOCTOR: HEALTHIER DOCTORS = HEALTHIER PATIENTS'

By Professors Leanne Rowe and Michael Kidd.
CRC Press/Taylor & Francis Group; Boca Raton, Florida, USA: 2018. 176 pages, index.

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This book, by two well-known academic general practitioners, Professors Leanne Rowe and Michael Kidd, is aptly entitled *Every Doctor* because it is addressed to doctors just starting out in their careers as well as those who are well established and senior in the profession. The 22 chapters of the book are short essays that stand alone within the broader plan of the book, which is divided into three sections:

- **Section 1:** Every doctor can improve their physical and mental health to provide patient care of the highest standard
- **Section 2:** Every doctor can work with colleagues to create a healthier and happier medical culture
- **Section 3:** Every doctor can lead and influence positive changes in their workplaces every day.

The book has a very strong emphasis on the psychodynamic aspects of engagement with colleagues and patients in order to provide the best outcomes in patient care and professional co-operation with resultant satisfaction and benefits for all. Each chapter is highly practical and pertinent to a life in medicine, with topics such as: dealing with immense stress; learning from complaints and clinical errors; taking control of time; eliminating sexual harassment, discrimination and bullying; practical aspects of medical leadership, and many more.

There is helpful and wise advice for whatever stage of their medical career readers find themselves to be engaged in, and each chapter has a succinct summary at the end to reinforce its message. *Every Doctor* is a book that a reader can just as well benefit from by reading sequentially from cover to cover or by browsing randomly with equal pleasure. There are dozens of pithy quotes from many eminent practitioners, scientists and literary figures that enhance the pleasure of reading this book.

While *Every Doctor* will be of greatest benefit to doctors in the early stages of their careers, there are many illuminating insights that will be of value to senior practitioners also. I thoroughly recommend this practical and helpful volume as an addition to any doctor's library, preferably to be read more than once.

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