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Medicare For Dummies Medicare coverage of diabetes supplies & services Medicare and Other Health Benefits The Mindful Diet The Medicare Handbook Medicare Hospice Benefits Medicare & You Choosing a Medigap Policy 2013 Brain On Fire: My Month of Madness Breast Cancer Screening and Diagnosis HMO Focus The Complete Herbal Guide: A Natural Approach to Healing the Body The Affordable Care Act The Health Care Consumer's Manifesto: How to Get the Most for Your Money Heart Smart for Women Cardiology Explained Adult Reconstruction Bariatric Endoscopy Guide to Health Insurance for People with Medicare Medicare and Other Health Benefits Dr. Katz's Guide to Prostate Health Chronic Graft Versus Host Disease Cardiovascular Emergencies Therapy in the Real World Fischer's Mastery of Surgery Drugs for Parasitic Infections Phacoemulsification in Difficult and Challenging Cases Pediatric Orthopedics and Sports Medicine Super Performing At Work and At Home The Shoulder and the Overhead Athlete Macs For Dummies Dermatology - Medical School Crash Course Graph Paper Notebook Pocket Guide to Medications Used in Dermatology Laparoscopic Colorectal Surgery Lumbar Interbody Fusion It'S Official! Growing Old Sucks! Medicare Advantage Plans in Iowa The Health Care Handbook Ethics for International Medicine

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Medicare & You Apr 27 2022

Pediatric Orthopedics and Sports Medicine Jul 07 2020 The revised and the expanded second edition of this concise and targeted handbook presents the “need-to-know” musculoskeletal conditions and injuries required for all health care providers dealing with pediatric patients, including primary care physicians, emergency medicine physicians, radiologists, residents, students, nurses, and therapists, to brush up on pediatric orthopedics and sports medicine topics with ease. The most up-to-date information is contained within themed chapters--sports injuries and pediatric trauma, for example--as well as by anatomical region--the hip, knee, foot, spine, etc.--including chapters new to this edition covering pediatric musculoskeletal image interpretation and general aspects of sports medicine. This book addresses high-yield points needed for both general day-to-day pediatric orthopedics and sports medicine practice as well as information needed for the musculoskeletal section of the General Pediatrics Certifying Examination and other board exams for other specialties, physician assistants, nurse practitioners, and physical therapists. Well-illustrated and utilizing an easy-to-follow, bullet-pointed format, Pediatric Orthopedics and Sports Medicine gives the reader the basic knowledge to be able to identify and understand the management of common pediatric orthopedic and sports medicine conditions, and indications to either treat these conditions or refer the patient to an orthopedist.

The Mindful Diet Jul 31 2022 “An essential, must-read guide” (Dr. Susan Albers, New York Times bestselling author of Eating Mindfully) from the renowned Duke Integrative Medicine center: the first book to combine health psychology with cutting-edge nutrition research to deliver an up-to-the-minute method for eating mindfully and breaking the yo-yo diet cycle. It’s easy on occasion to eat too much, eat too quickly, eat for comfort, or choose junk food. But every year millions of Americans vow to lose weight and get healthy and aren’t able to overcome the largest roadblock to these changes—ingrained eating habits. Now two leading experts from Duke Integrative Medicine offer a new paradigm for eating and health—a step-by-step program that dismantles old patterns, provides new tools for making healthy choices, and fosters deep, internal motivation. Grounded in scientific research, The Mindful Diet examines how what we eat and drink affects our body on a biochemical level, and how we can become aware of our own internal signals through the practice of mindfulness. Loaded with concrete meditation exercises, behavioral techniques, nutrition advice, and meal-planning charts, this book provides the tools to manage cravings, curb emotional overeating, and figure out when you are full. Instead of an all-or-nothing approach to eating, The Mindful Diet focuses on the many variables that drive our habits—including stress, unhappiness, and even unconscious beliefs—and provides a roadmap for sustainable change. “This is not an eat this, don’t eat that program; rather, it’s an attack on the negative thoughts and patterns that lead to diet failure” (Publishers Weekly). Lasting weight loss and healthy living begin in the mind: now you can learn how to re-program your body, make healthy choices, lose weight, and keep it off for life.

Fischer's Mastery of Surgery Oct 10 2020 "The scope of Fischer's Mastery of Surgery, Sixth Edition, is consistent with the broad training of a general surgeon, providing extensive coverage of vascular surgery as well as of common thoracic, breast, esophageal, endocrine, colorectal, gastric, pancreatic, liver, and biliary procedures. Each procedural chapter reviews the essentials of diagnosis, anatomy, and pre-operative planning, but focuses most heavily on step-by-step depictions and descriptions of procedures. Each chapter concludes, as is traditional for this classic text, with an editorial commentary which strives to put the chapter in a broad context and provide helpful critiques of the most recent literature. The sixth edition will include a dozen new chapters, including endovascular treatment of varicose veins, fasciotomy, and thoracic aortic transaction. The vascular section has been completely reorganized and will incorporate both open and endovascular procedures. For the first time, the sixth edition is in full color."--Provided by publisher.

It'S Official! Growing Old Sucks! Sep 28 2019 It is just a few years ago that I started to write this book! Its Official! Growing Old Sucks! My intent was simply to appeal to older folks of sixty-five years and older who have let their physical and mental muscles go to hell in a hand basket! However, I have to say at that point in time that I did not have a lot of enthusiasm or intensity for the task, which is why the book remained unfinished! However, my life was turned upside down when my wonderful big sister fell victim to Alzheimers, such a devastating illness! My sisters demise brought me to the shocking realization that many older people who, just like my sister, have not bothered to make any effort to maintain some level of physical and/or mental fitness could quite possibly fall victim to the same fate! In that instant, I realized that although I could do nothing to help my sister, I felt obligated to do anything in my power to help the Alzheimer Foundation do whatever it could to hopefully find a cure at some point for this devastating illness! What sprang from the realization that I needed to do something was what had been missing for several years! My all-empowering why! From that point, that awesome power enabled me to become energized, not only to finish writing this book, but it also empowered me to get my body and my mind into the best physical condition of my life! I now look and feel like a man in my forties! However, what truly inspires me is the fact that I now have a tried-and-tested formula to help other older folks to also get into the best shape of their adult lives! Come join my crusade, and follow my lead! Theres plenty more room for you to become energized and to be in the best shape of your adult life too! Just as I have done!

HMO Focus Dec 24 2021

Phacoemulsification in Difficult and Challenging Cases Aug 08 2020 Phacoemulsification is the cataract extraction technique of choice in the United States, & is rapidly gaining ground across the world. While surgeons continue to achieve safe & rapid results with phaco, they are constantly faced with patients who require special management- 20% of all cases are considered advanced.

Lumbar Interbody Fusion Oct 29 2019

Laparoscopic Colorectal Surgery Nov 30 2019

Graph Paper Notebook Jan 31 2020 AWESOME GRAPH PAPER UNICORN NOTEBOOK Cute Note Book for Kids, Girls, Boys, Teenagers to Write down Notes, Ideas, Homework, Tasks, Lessons, Math and so one... This Notebook includes: 100 Graph Paper. Size (8.5" × 11" in) Nice Cover Design. Squares (1 cm) This Notebook Amazing to write Lessons, Homework, Math, Tasks from the teacher, it's also helpful and occasion to Carry it to School, Collage, Course, Project, and so one. If You thinking about this Colorful notebook as a gift, It's Perfect gift Idea especially for Child, Women's, Girls, Teenage, kid. Cute Magical Unicorn with Rainbow and Stars Pattern, in the Sky with Cartoon Hearts and Flowers, Beautiful Princess Face with Mermaid and Caticorn and Walrus on Pink, in Magic world with Candy, Sweets, Donuts, Ice-cream, Pastel, Clouds, Red Hat, Space.

Medicare and Other Health Benefits Sep 01 2022

The Health Care Consumer's Manifesto: How to Get the Most for Your Money Sep 20 2021 A health care executive at Harvard explains how to become a savvy consumer and get the value we all deserve for our health care spending. This book navigates and demystifies the confusing world of health care shopping. Readers go on a guided tour inside American health care to learn why it is so messy, and who is invested in keeping it that way. The text offers a new vision of how health care could work if it were truly designed to meet consumer needs, creating a call to action on how to demand and help create such a system. A wake-up call to an industry tenuously holding on to the status quo and ripe for true disruption, this book outlines what consumers can do themselves and demand from doctors, hospitals, health plans, and policy makers to get more for their health care spending and, in so doing, reshape the health care system into one we all deserve. Using real and compelling consumer stories intertwined with expert analysis, this book illustrates why it is so difficult to act as an engaged health care consumer in the United States and pulls back the curtain to expose the forces that hold the system in place. Covers finding and reading health care price tags, negotiating health care costs, navigating the system, choosing and using health insurance, evaluating quality, and more Answers the most common consumer health care question: what should I do? Arms consumers with information—and permission—to question, self-advocate, seek, and extract value for their health care dollars Offers captivating and relatable real-world consumer stories to make health care concepts clear Shows consumers what they can do to make sure they get the care and coverage needed

Medicare and Other Health Benefits Mar 15 2021

Heart Smart for Women Aug 20 2021 Heart Smart for Women, Six S.T.E.P.S. in Six Weeks to Heart-Healthy Living equips women of all ages with a comprehensive program for heart-healthy living. This book is a call to action for women everywhere and the message is a positive one: Heart disease is preventable! Leading cardiologists, Drs. Jennifer Mieres and Stacey Rosen simplify complex medical content with clear illustrations, real patient stories, and a practical step by step approach to living your most heart healthy life. Good health is not a given. It is something we must work for by taking control of our lives and putting ourselves first. More than 90 percent of all women have one or more risk factors of heart disease, and more than 44 million women living in the United States about a third of the female population suffer from some form of it. However, every one has the opportunity to live well and conquer it. Heart Smart for Women offers a complete roadmap for women of all ages on their journey to heart-healthy living. It details the workings of the healthy heart and the diseased heart, and provides the necessary vocabulary for ensuring that women are equipped to have meaningful communication with their physicians. The book includes an assessment of personal risk factors, a clear, step by step program to begin or advance an exercise routine, ways to ensure that your kitchen and pantry are stocked with heart healthy foods, tips for dining at home and in restaurants and suggestions for how to form and maintain a true partnership with your doctor.

Cardiology Explained Jul 19 2021 One of the most time-consuming tasks in clinical medicine is seeking the opinions of specialist colleagues. There is a pressure not only to make referrals appropriate but also to summarize the case in the language of the specialist. This book explains basic physiologic and pathophysiologic mechanisms of cardiovascular disease in a straightforward manner, gives guidelines as to when referral is appropriate, and, uniquely, explains what the specialist is likely to do. It is ideal for any hospital doctor, generalist, or even senior medical student who may need a cardiology opinion, or for that ma.

Medicare For Dummies Nov 03 2022 Medicare For Dummies, 2nd Edition (9781119293392) was previously published as Medicare For Dummies, 2nd Edition (9781119079422). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Make your way through the Medicare maze with help from For Dummies America's baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. Medicare For Dummies, 2nd Edition provides a detailed road map for navigating Medicare's often-baffling complexities and helps consumers avoid pitfalls that could otherwise cost them dearly. In plain language, the new edition explains: How to qualify for Medicare, according to your personal circumstances, including new information on the rights of people in same-sex marriages When to sign up at the time that's right for you, to avoid lifelong late penalties How to weigh Medicare's many options so you can be confident of making the decision that's best for you What Medicare covers and what you pay, with up-to-date details of the costs of premiums, deductibles, and copays—and how you may be able to reduce those expenses By conveying not only the basics but also how to troubleshoot problems and where to find assistance, Medicare For Dummies, 2nd Edition helps you to get the most out of Medicare.

The Medicare Handbook Jun 29 2022

Macs For Dummies Apr 03 2020 Whether you're thinking of switching to a Macintosh computer, are looking into the latest Apple products, or have a Mac and want to learn about Mac OS X Leopard, then Macs For Dummies, 10th Edition will get you going. Here you'll learn all about how to compare the different desktop and laptop models to choose your perfect match, make Mac OS X Leopard work your way, use the new iLife 2008 digital lifestyle applications, get online and connect to a wired or wireless network, and run Windows on your Mac so you can keep the Microsoft programs you need. You'll also discover how to: Navigate your way around the Mac interface and work with icons and folders Best utilize OS X, work with the new Photo Booth, and manage clutter with Exposé and Spaces Get connected, start a Web-browsing Safari, use e-mail and iChat, and shop online Join .Mac and take advantage of iDisk backups, IMAP mail, and Web Gallery Explore all that iTunes offers, process digital photos with iPhoto, make iMovies, and have fun with GarageBand Use Windows on your Mac and transfer Windows files It's a perfect time to join the Mac generation, especially if you're a Windows user who's been thinking of defecting. Macs For Dummies, 10th Edition will get you there, helping you pick peripherals, download freebie programs, set up user accounts, implement security secrets, troubleshoot your Mac, and experience the iLife.

Adult Reconstruction Jun 17 2021 Written by leading experts from the Mayo Clinic, this volume of our Orthopaedic Surgery Essentials Series presents all the information residents need on hip, knee, shoulder, and elbow reconstruction in adults. It can easily be read cover to cover during a rotation or used for quick reference before a patient workup or operation. The user-friendly, visually stimulating format features ample illustrations, algorithms, bulleted lists, charts, and tables. Coverage of each region includes physical evaluation and imaging, evaluation and treatment of disorders, and operative treatment methods. The extensive coverage of operative treatment includes primary and revision arthroplasty and alternatives to arthroplasty.

The Health Care Handbook Jul 27 2019 We spent our first years of medical school struggling to educate ourselves about health care in the United States. Every source we found was biased, overly academic, or narrowly focused. It was too hard for a beginner to get a clear picture of the system. So we decided to write the book we wished we'd had: an explanation of the U.S. healthcare system in one simple, practical, and neutral overview. After thousands of research hours and consulting with dozens of experts, we wrote a one-stop guide in just 256 pages. And, with help from a grant, we were able to keep the book's price low -- making it accessible for students like us. Now, we're excited to share the 2nd edition. We've worked hard to keep on top of the turbulent health care system and added in some great new sections covering health IT, health care teams and more. Published by Washington University and funded by a grant from the Missouri Foundation for Health, The Health Care Handbook is essential reading for health care professionals, students, and anyone interested in health care or public policy. The Handbook includes a foreword by Dr. William Peck, former chair of the Association of American Medical Colleges and former dean of the Washington University School of Medicine. - The authors.

Therapy in the Real World Nov 10 2020 Helping beginning and experienced therapists cope with the myriad challenges of working in agencies, clinics, hospitals, and private practice, this book distills the leading theories and best practices in the field. The authors provide a clear approach to engaging diverse clients and building rapport; interweaving evidence-based techniques to meet therapeutic goals; and intervening effectively with individuals, families, groups, and larger systems. Practitioners will find tools for addressing the needs of their clients while caring for themselves and avoiding burnout; students will find a clear-headed framework for making use of the variety of approaches available in mental health practice.

Guide to Health Insurance for People with Medicare Apr 15 2021

Drugs for Parasitic Infections Sep 08 2020 Drugs for Parasitic Infections provides clinicians with a summary of drugs and dosages for the management of parasitic infections. It includes common infections, such as giardiasis, and uncommon infections such as Amebic meningoencephalitis. Recommendations for prevention and treatment of malaria are also included. A thorough summary of drugs and dosages for the management of parasitic infections, Drugs for Parasitic Infections also includes adverse effects.

Medicare Advantage Plans in Iowa Aug 27 2019

Chronic Graft Versus Host Disease Jan 13 2021 Chronic graft versus host disease (GVHD) is the most common complication of allogeneic bone marrow transplantation. Because of the protracted clinical course of chronic GVHD, transplant centers and hematology/oncology offices are inadequately equipped to manage these immuno-incompetent patients with a multi-system disorder. Practitioners need to be able to recognize and effectively manage chronic GVHD as a late effect of more than half of allogeneic transplantations. The text is oriented for the clinician, with chapters covering staging, organ site and system-specific manifestations, treatment options, and supportive care. Drs. Georgia B. Vogelsang and Steven Z. Pavletic have been pioneers in the recognition of the multi-organ complexity of this disease and have gathered the input of a variety of subspecialist physicians for this book. This book fills the gap in practical literature on chronic GVHD, providing a comprehensive, up-to-date, and clinically relevant resource for anyone who deals with cancer patients post-transplant.

Cardiovascular Emergencies Dec 12 2020 Emergency medicine textbook on identifying and treating cardiac emergencies, includes interpretation of ECGs, use of ultrasound in diagnosis, identification of arrhythmias, shock, syncope, post-arrest syndrome and much more.

The Affordable Care Act Oct 22 2021 The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

The Complete Herbal Guide: A Natural Approach to Healing the Body Nov 22 2021 The Complete Herbal Guide: A Natural Approach to Healing the Body is essential reference book for anyone interested in maintaining optimal health and overcoming disease. The book contains concise and comprehensive listings of over 175 herbs and conditions. The book has quick and easy references to all the information you need to maintain excellent health the natural way.

Dr. Katz's Guide to Prostate Health Feb 11 2021 A leading expert in the field of prostate health shows men how to markedly reduce their risk not only of prostate cancer but also enlarged prostate and prostatitis with the latest breakthroughs from traditional and alternative medicine.

Pocket Guide to Medications Used in Dermatology Jan 01 2020 Now in its thoroughly updated Eighth Edition, this pocket guide is the most comprehensive quick reference available on prescription and over-the-counter dermatologic medications and widely used beauty products. The text lists the brand and generic names of medications used to treat specific skin problems and provides concise information on ingredients, preparation, dosing guidelines, any side effects and contraindications, and ingredients that can act as sensitizing agents. Coverage includes listings for every product's available formats and sizing options and direct ordering information. This edition includes new drugs, fully updated ordering information, and a new section on select cosmetics for men.

Dermatology - Medical School Crash Course Mar 03 2020 AudioLearn's Medical School Crash Courses presents Dermatology. Written by experts and authorities in the field and professionally narrated for easy listening, this crash course is a valuable tool both during school and when preparing for the USMLE, or if you're simply interested in the subject of dermatology. The audio is focused and high-yield, covering the most important topics you might expect to learn in a typical medical school dermatology course. Included are both capsule and detailed explanations of critical issues and topics you must know to master dermatology. The material is accurate, up to date, and broken down into bite-sized sections. There is a Q&A and a key takeaways section following each topic to review questions commonly tested and drive home key points. In this course, we'll cover the following topics: Structure and function of skin structures Pigmentation diseases of the skin Bullous diseases of the skin Skin cancers Acne and related conditions Papulosquamous and eczematous diseases Granulomatous diseases of the skin Connective tissue diseases of the skin Cutaneous manifestations of systemic diseases Infections of the skin Benign skin lesions Genetic skin diseases Treatment of skin wounds Also included is a comprehensive test containing the top 100 most commonly tested questions in dermatology with the correct answers. AudioLearn's Medical School Crash Courses support your studies, help with USMLE preparation, and provide a comprehensive audio review of the topic matter for anyone interested in what medical students are taught in a typical medical school dermatology course.

Bariatric Endoscopy May 17 2021 To date, diet programs and medical therapies for the treatment of obesity have had limited success. Bariatric surgery, however, provides a means of effective weight loss for many of those with morbid obesity. Most of these weight loss procedures are performed with a variety of techniques that continue to evolve. Each technique is associated with unique challenges and complications and it is important for the clinician to be knowledgeable about the endoscopic management of these patients. Additionally, as endoscopic technology evolves it may offer more than just the diagnosis and treatment of complications. Endoscopic therapy may soon allow less invasive bariatric revision procedures as well as a variety of primary obesity therapies for various patient populations. Bariatric Endoscopy reviews the management of obesity, normal post-surgical anatomy, endoscopic and medical management of post-surgical complications, and future endoscopic therapies for obesity management. Organized into five sections, the volume covers an obesity overview, traditional therapy, endoscopy and the bariatric patient, medical management of post-surgical complications, and the future role of endoscopy in obesity management. Detailed illustrations are also provided for surgical procedures, complications and obesity management chapters. Authored by authorities in the field, Bariatric Endoscopy is an indispensable tool for the gastroenterologist or

surgical endoscopist as they care for patients with complicated bariatric issues.

Choosing a Medigap Policy 2013 Mar 27 2022 This guide helps people with Medicare understand Medigap (also called Medicare Supplement Insurance) policies. A Medigap policy is a type of private insurance that helps you pay for some of the costs that Original Medicare doesn't cover.

Ethics for International Medicine Jun 25 2019 A handy guide to identifying, analyzing, and resolving ethical issues that arise in international medicine

Medicare Hospice Benefits May 29 2022

Breast Cancer Screening and Diagnosis Jan 25 2022 This book presents the current trends and practices in breast imaging. Topics include mammographic interpretation; breast ultrasound; breast MRI; management of the symptomatic breast in young, pregnant and lactating women; breast intervention with imaging pathological correlation; the postoperative breast and current and emerging technologies in breast imaging. It emphasizes the importance of fostering a multidisciplinary approach in the diagnosis and treatment of breast diseases. Featuring more than 800 high-resolution images and showcasing contributions from leading authorities in the screening, diagnosis and management of the breast cancer patient, *Breast Cancer Screening and Diagnosis* is a valuable resource for radiologists, oncologists and surgeons.

The Shoulder and the Overhead Athlete May 05 2020 Written by a renowned multidisciplinary team of expert shoulder surgeons, athletic trainers, and physical therapists, this winning reference delivers the most comprehensive and up-to-date information on the evaluation, treatment, rehabilitation, and prevention of shoulder injuries in throwing and other overhead athletes. Included is critical information on shoulder anatomy and biomechanics, clinical examination, imaging, resistance training and core strengthening, and specific exercises for the overhead shoulder... plus state-of-the-art techniques for treatment and rehabilitation of each type of injury, including a separate section for pediatric overhead athletes. All physicians, coaches, trainers, strength and conditioning specialists, and therapists who care for overhead athletes at all levels of participation are sure to find this an indispensable resource. Book jacket.

Medicare coverage of diabetes supplies & services Oct 02 2022

Brain On Fire: My Month of Madness Feb 23 2022 'My first serious blackout marked the line between sanity and insanity. Though I would have moments of lucidity over the coming days and weeks, I would never again be the same person ...' Susannah Cahalan was a happy, clever, healthy twenty-four-year old. Then one day she woke up in hospital, with no memory of what had happened or how she had got there. Within weeks, she would be transformed into someone unrecognizable, descending into a state of acute psychosis, undergoing rages and convulsions, hallucinating that her father had murdered his wife; that she could control time with her mind. Everything she had taken for granted about her life, and who she was, was wiped out. *Brain on Fire* is Susannah's story of her terrifying descent into madness and the desperate hunt for a diagnosis, as, after dozens of tests and scans, baffled doctors concluded she should be confined in a psychiatric ward. It is also the story of how one brilliant man, Syria-born Dr Najjar, finally proved - using a simple pen and paper - that Susannah's psychotic behaviour was caused by a rare autoimmune disease attacking her brain. His diagnosis of this little-known condition, thought to have been the real cause of devil-possession through history, saved her life, and possibly the lives of many others. Cahalan takes readers inside this newly-discovered disease through the progress of her own harrowing journey, piecing it together using memories, journals, hospital videos and records. Written with passionate honesty and intelligence, *Brain on Fire* is a searingly personal yet universal book, which asks what happens when your identity is suddenly destroyed, and how you get it back. 'With eagle-eye precision and brutal honesty, Susannah Cahalan turns her journalistic gaze on herself as she bravely looks back on one of the most harrowing and unimaginable experiences one could ever face: the loss of mind, body and self. *Brain on Fire* is a mesmerizing story' -Mira Bartók, New York Times bestselling author of *The Memory Palace* Susannah Cahalan is a reporter on the New York Post, and the recipient of the 2010 Silurian Award of Excellence in Journalism for Feature Writing. Her writing has also appeared in the New York Times, and is frequently picked up by the Daily Mail, Gawker, Gothamist, AOL and Yahoo among other news aggregator sites.

Super Performing At Work and At Home Jun 05 2020 A book about how to become a super performer in everything you do—and how to find the real reason for wanting to super perform How do you handle a “no-win” situation? According to world-renowned cardiothoracic surgeon Robert J. Cerfolio—“the Michael Jordan of lung surgery”—there’s often no such thing. Sharing his own remarkable feats as a collegiate first-team academic all-American baseball player, his rise from a surgical resident at the Mayo Clinic to the recognized world authority in chest and robotic thoracic surgery, and anecdotes from his long career as a Little League coach and father, Cerfolio shows you how to think like a super performer in everything you do. Revealing the techniques, lessons, and strategies he himself learned through playing sports, he teaches you to attain what he calls “the athleticism of life”: the practice that elevates the mind and body of the good to the great and makes a star performer into a super performer. Yet, as Dr. Cerfolio learns when his wife tests positive for breast cancer, this isn’t the entire story—and what ultimately defines us is how well we can meet our obligations when placed under the most crushing pressure. In this provocative memoir/guidebook, Cerfolio sets you on your path to super performing—but teaches you, through his story, that your path is not complete without an honorable cause to steer toward and give your all.