



Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.

A Book Review:
 “*Attending Medicine, Mindfulness, and Humanity*”
 By Ronald Epstein, MD

- There is a book that some of you may have seen making the rounds around PM&R (pun intended) called ***Attending: Medicine, Mindfulness, and Humanity***. We recommend that you check it out.
- On his [website](#), the author, Ronald M. Epstein, MD, describes “What makes good doctors great, how they deliver more accurate diagnoses, make fewer errors, and build stronger connections with their patients” and talks about “identifying the qualities and habits that distinguish master clinicians from those who are merely competent.”
- “Drawing on his clinical experiences and current research,” Dr. Epstein “explores four foundations of mindfulness — Attending, Curiosity, Beginner's Mind, and Being Present — and shows how clinicians can grow their capacity to provide high-quality care.”
- Amazon describes *Attending* as “the first book for the general public about mindfulness and medical practice, a groundbreaking, intimate exploration of how doctors think and what matters most—safe, effective, patient-centered, compassionate care—from the foremost expert in the field.”
- Here are some links to additional reviews:
 - *Why We Should All Care If Our Doctors Practice Mindfulness*, by Kathy Gottberg ([link](#))
 - *Head Space: Reviewing the Written Word*, by Elissa Ely ([link](#))

