



To Your Health: Achieving Well-Being During Medical School (Surviving Medical School Series)

Thomas M. Wolf

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How is it possible to maintain a healthy balance between your personal and academic life during medical school? Quite a challenge! This is a practical, hands-on, experiential book about how to achieve well-being during medical school. Premedical and medical students as well as those in the helping professions will benefit from reading it.

You can diagnose yourself and assess how well you are fulfilling your needs in ten lifestyle areas: time management; exercise and physical activity; relaxation, meditation, visualization, and imagery; spirituality; communication skills and social support; cognitive and coping skills; nutrition; substance use; humor; and touch and massage. Following each self-evaluation, you are provided with practical information and easy, engaging, and enjoyable exercise to enhance your health and well-being.

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