



Coping in Medical School

Bernard Virshup

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“Your analysis of attitudes in teaching is a bright gem, sharply and beautifully cut. I doubt that I have seen anything on the subject so concisely and so cogently put.” ?Norman Cousins

In this book, Dr. Virshup, in a calming and reassuring voice, teaches the reader the psychological coping skills needed to deal successfully with medical school. There are chapters on a broad variety of topics including building a caring support network; maintaining a sense of individuation and identity; dealing with guilt, anger, and depression; and making full use of intuition and creativity. Above all, this is a practical book, for almost every chapter contains psychological exercises that allow the reader to put the insights Dr. Virshup offers into practice immediately.

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