

Self-help book suggestions

The following list of books are purely suggestions of titles in the domain of 'Self help' from one trainee to another. These books are not endorsed by HEE EoE or SupportTT.

'Also Human, The Inner Lives of Doctors' by Caroline Elton

An enlightening read for anyone who has ever contemplated leaving medicine or ever fantasised about working the tills at 'Sainsbury's' rather than doing the night shift. As well as providing some challenging insights into diversity in medicine.

'A Road Less Travelled' by Caroline Elton

A more practical book for those considering their career path - choosing a new speciality or considering alternative careers to medicine, also useful for those supporting others as a supervisor, mentor or coach.

'This Is Going to Hurt' by Adam Kay

If you haven't already read this, a doctor turned comedian's diary of his days as a doctor. Someone to sympathise with how much being a trainee doctor can impact on your life.

'The Off Switch' by Professor Mark Cropley

An informative look at the benefits of leaving work on time, switching off from work and how to practically do so. Not specific to medicine but highly relevant and applicable.

'Make time' by Jake Knapp & John Zeratsky

If you want to 'Make time' for the important things, this gives a whole list of different strategies to do this. It's got a light-hearted vibe but has loads of really useful suggestions.

'The 4 Pillar plan' by Dr Rangan Chatterjee

This GP talks about different ways to look at the 4 pillars – Relax, Eat, Move, Sleep. Using cases from his clinical practice and associated evidence he makes suggestions for each pillar.

'Happy' by Fearne Cotton

As the title suggests, a look at what constitutes 'Happy' looking at different elements of our lives – family, friends, work, relationships. A number of exercises to complete to give additional benefit but a good read even if you choose not to do these. She has another book '**Calm**' which also comes highly recommended.

'The Happiness Trap' by Russel Harris

An alternative to 'positive thinking', concentrating on 'acceptance' of the challenges and anxieties that we face and how to achieve this.

'A Mindfulness Guide for the Frazzled' by Ruby Wax

A no-nonsense look at mindfulness, with some unexpected neuroscience woven in and a little less comedy than you may be expecting.

'The Stress Solution' by Dr Rangan Chatterjee

Similar in style to his '4 Pillar' book and with some similar suggestions but concentrating more on different ways to tackle 'stress'.

'Think like a Monk' by Jay Shetty

A little bit of minimalism, intentionality and mindfulness all rolled into one, which poses some thoughtful questions to ask yourself. Useful for those who feel they are too practical to benefit from mindfulness practices.

'Girl, Stop Apologizing' by Rachel Hollis

If you are guilty of negative self-talk, this book provides a great 'Pep talk'. It's fairly American in its style & language, but if you can handle that, it makes some great points.

'How we Learn' by Benedict Carey

If you've been struggling with exams or want to find a different way to approach your private study, this book will help you understand how we learn and therefore what techniques may work.

'Make it stick' by Henry Roediger

For those who feel like they spend a lot of time studying but still never seem to remember anything. This book teaches you techniques to 'Make it stick'.

'Deep work' by Cal Newport

This book is quite hard work in itself but explains the difference between 'superficial work' and 'deep work' and methods to achieve deep work.

'Atomic Habits' by James Clear

For those who need to start some new habits and kick some old habits, this explains the steps involved in habit formation, without delving too deep into the evidence and scientific basis.

'The ONE Thing' by Gary Keller

Essentially, the benefits of concentrating on 'ONE thing' at a time and different methods to achieve this. If you struggle with prioritisation and have a never ending 'to do list', this book might be the one for you.

'Getting things done' by David Allen

This is for those who feel like they need to get their life organised, whether it's your incoming mail/email or your to do list. It's a full-on approach, but if you find yourself with some time, it might work wonders for you.

'Eat That Frog! Get more of the important things done today' by Brian Tracy

If you are prone to procrastination or still have ongoing research commitments this book may help you stay focused when time is limited.