

# Medicine, Science and Literature:

## Reading for the Summer Months

Summer 2016

Compiled and Curated by  
Kate E. Bright

A Special **Thank You** to Nancy Bianchi  
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Consultation and Research

Literature. It has the power to provoke, challenge, divert, stimulate, and motivate.

Once again, Dana Medical Library is pleased to offer its popular “Medicine and Science in Literature” exhibit along with a complimentary collection of best sellers and light summer fiction ... all with a medical or science thread.

Literature and Medicine can go hand in hand to gather inspiration from each other and nurture a greater understanding through experience and a broader perspective.

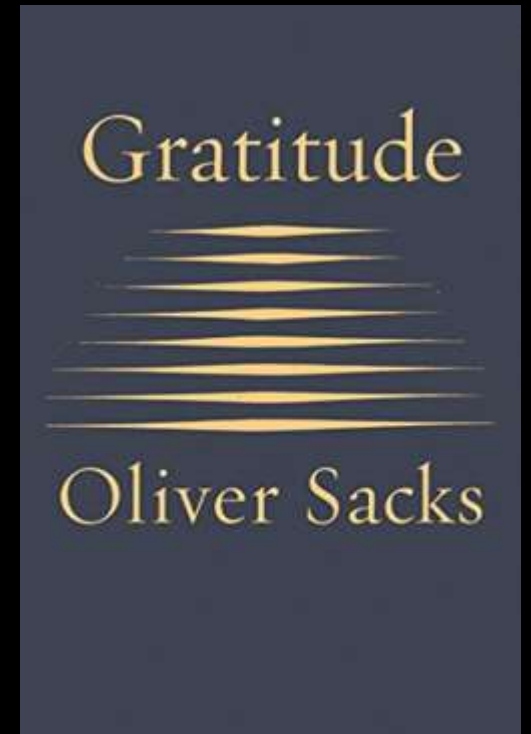
The books highlighted in this exhibit look at science and medicine beyond the clinical and investigative setting. They represent current and bestselling works that serve to emphasize life experiences, powerful moments, and physical & psychological transformations. Discover how literature, even light summer reading, brings out the humanistic aspects of science and medicine!

As a brief summer respite from the busyness of life, we strongly encourage you to take a break and immerse yourself in one of these powerful works of literature. Enjoy!

*Gratitude* is a collection of essays from Oliver Sacks' last 2 years of life.

“Oliver Sacks was like no other clinician, or writer. He was drawn to the homes of the sick, the institutions of the most frail and disabled, the company of the unusual and the ‘abnormal.’ He wanted to see humanity in its many variants and to do so in his own, almost anachronistic way—face to face, over time, away from our burgeoning apparatus of computers and algorithms. And, through his writing, he showed us what he saw.”

—Atul Gawande, author of *Being Mortal*



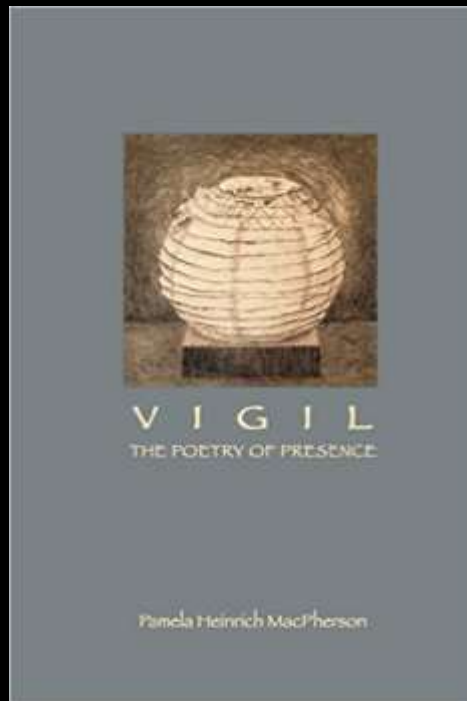
## Vigil: The Poetry of Presence

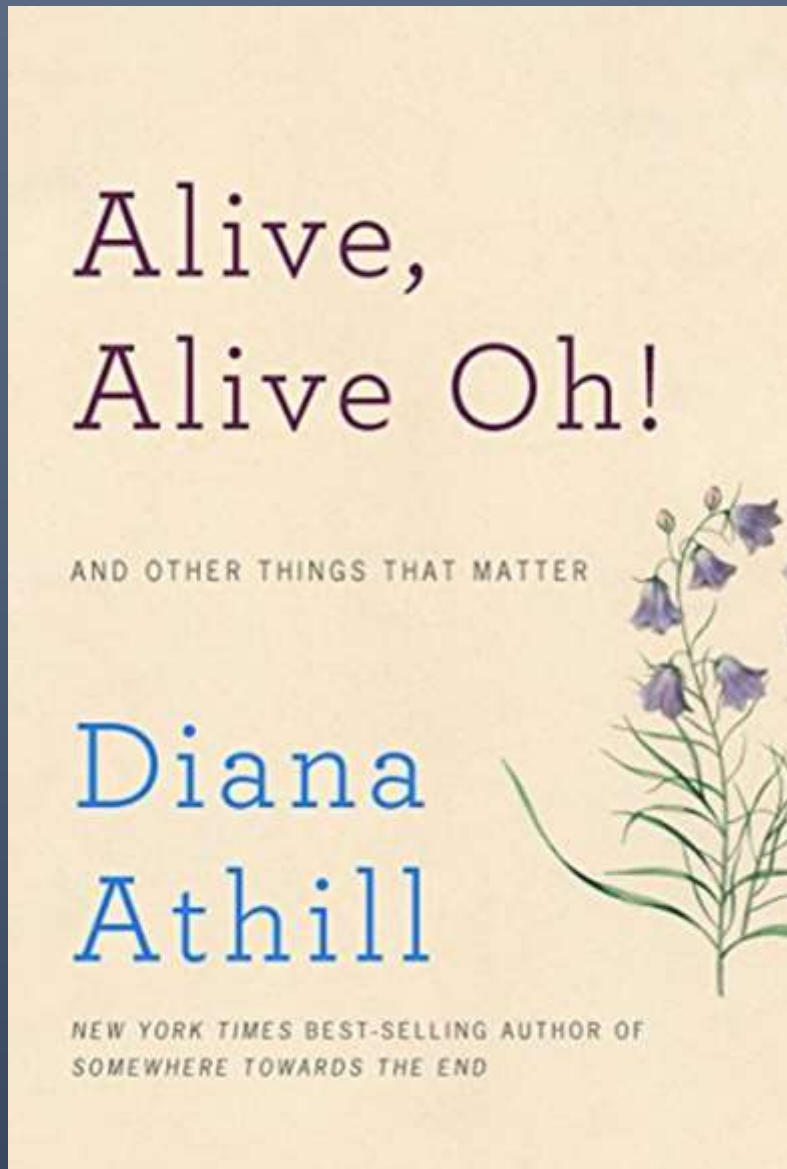
By Pamela Heinrich MacPherson

Through poetry, Pamela Heinrich MacPherson reveals the dedication needed to be present for those at the very end of life.

“In her encounters with the great variety of people and situations she met through her hospice work, Pam developed a deep trust in the transformative power of bearing witness to human suffering. Her heartfelt poetry is woven from the threads of kindness, acceptance, and the ability to be fully present for others.”

— Amazon





## Alive, Alive Oh!

Diana Athill writes this book “on the eve of her ninety-eighth birthday” drawing our attention to a perspective that looks back on life, rather than through the lens of forward-thinking youth. She gives us a glimpse of what truly is important as one nears a century in age.

“As her vivid, textured memories range across the decades, she relates with unflinching candor her harrowing experience as an expectant mother in her forties and crafts unforgettable portraits of friends, writers, and lovers.”

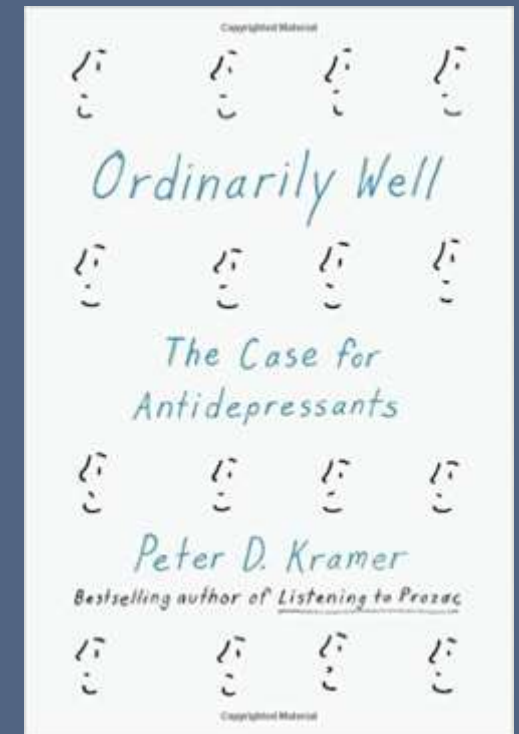
- Amazon

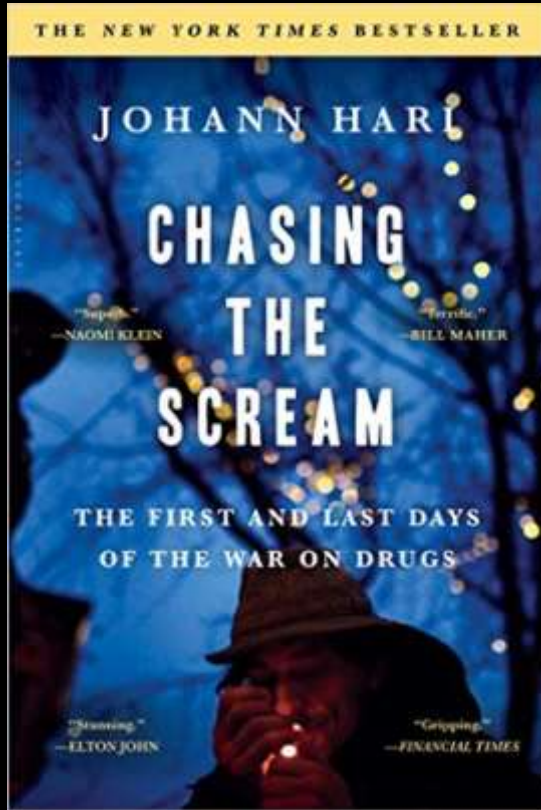
# Altering the Mind

## Current Books on Drugs and Addiction

### Ordinarily Well, by Peter D. Kramer

Kramer homes in on the moment of clinical decision making: Prescribe or not? What evidence should doctors bring to bear? Using the wide range of reference that readers have come to expect in his books, he traces and critiques the growth of skepticism toward antidepressants. He examines industry-sponsored research, highlighting its shortcomings. He unpacks the “inside baseball” of psychiatry—statistics—and shows how findings can be skewed toward desired conclusions. -Amazon



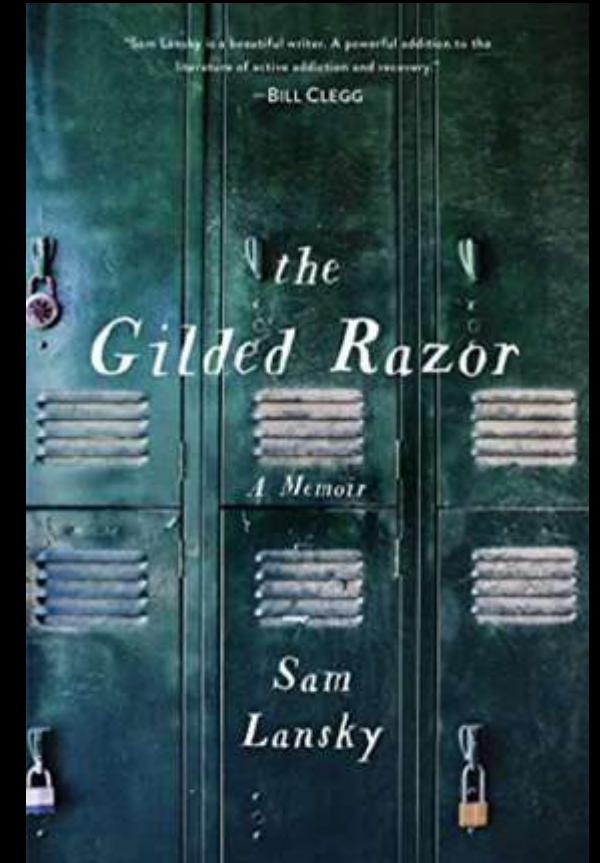


## *NEW YORK TIMES* BESTSELLER

### Chasing The Scream, by Johann Hari

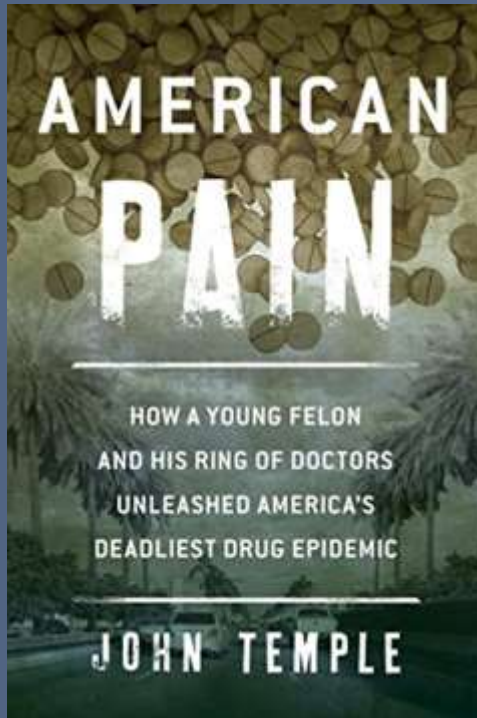
It is now one hundred years since drugs were first banned in the United States. On the eve of this centenary, journalist Johann Hari set off on an epic three-year, thirty-thousand-mile journey into the war on drugs. What he found is that more and more people all over the world have begun to recognize three startling truths: Drugs are not what we think they are. Addiction is not what we think it is. And the drug war has very different motives to the ones we have seen on our TV screens for so long.

- Amazon



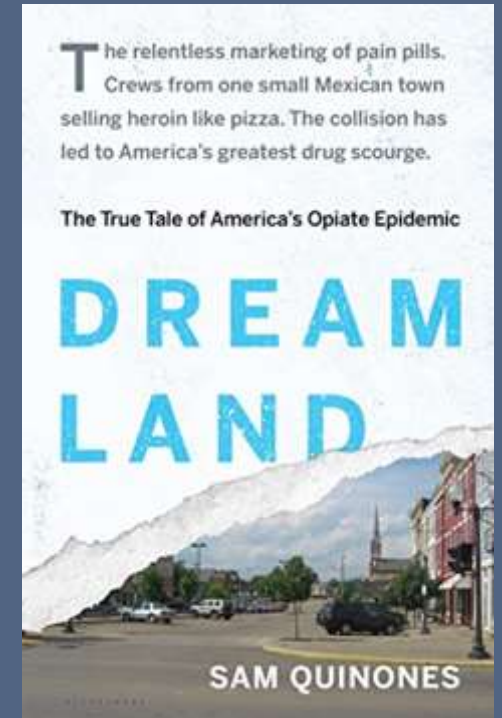
### The Gilded Razor, by Sam Lansky

Lansky scrapes away at his own life as a young addict and exposes profoundly universal anxieties. Told with remarkable sensitivity, biting humor, and unrelenting self-awareness, *The Gilded Razor* is a coming-of-age story of searing honesty and lyricism and “one of the best portraits about the implacable power of addiction” - Susan Cheever, bestselling author of *Drinking in America*



## American Pain: How a Young Felon and His Ring of Doctors Unleashed America's Deadliest Drug Epidemic, by John Temple

*American Pain* reveals an ugly and painful view of America's drug-addiction epidemic. It's a story of a multimillion dollar, drug-pushing empire, started at the South Florida Pain Clinic, by the George twins. They hired doctors to prescribe as many opium-based pain pills as they wanted, especially to "patients" from rural Appalachia. Although the George brothers and their accomplices ended up in prison, the problem of addiction to prescription painkillers remains alarmingly acute in many neighborhoods across America.



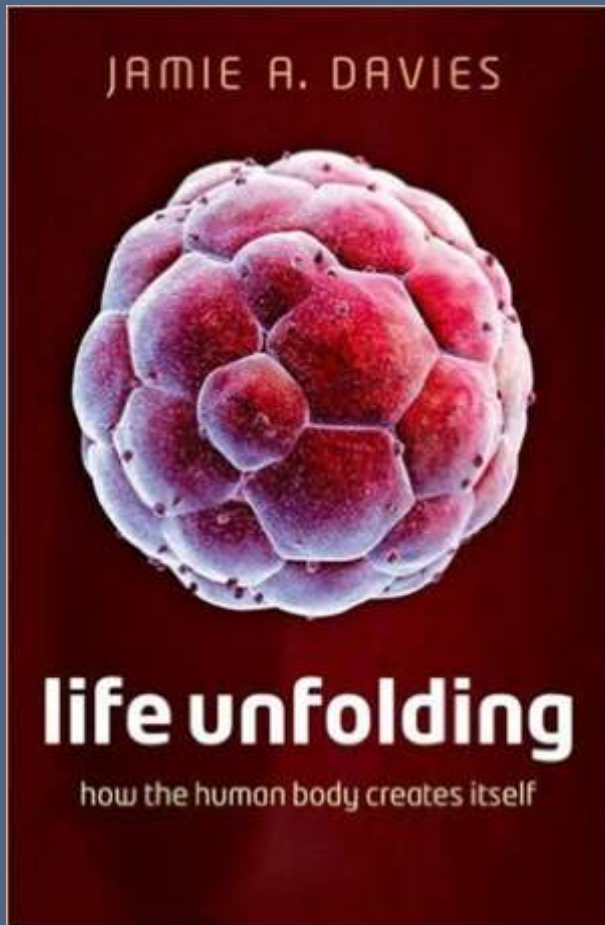
## Dreamland: The True Tale of America's Opiate Epidemic, by Sam Quinones

*Dreamland: The True Tale of America's Opiate Epidemic* is a startling account of the opiate epidemic facing America today. With more than 500,000 Americans a year now using heroin and with many of those users' addictions beginning with pain pills like Oxycontin, the tale behind Dreamland reaches across similar small rural towns and big city suburbs. The epidemic was quietly fueled by pharmaceutical companies and doctors who treated pain pills as wonder drugs and by enterprising Mexican drug traffickers who supplied heroin on demand to desperate opiate addicts.



# Challenging the Paradigm

## Current Books on the Mind and the Body

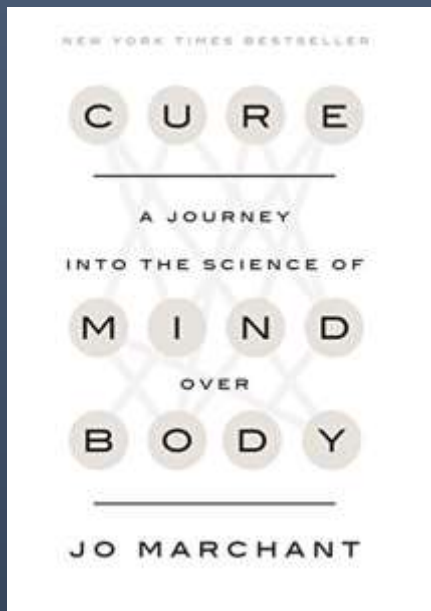
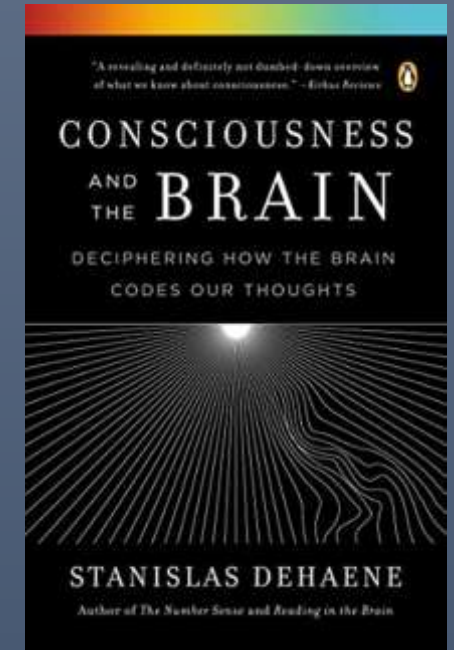


### Life Unfolding: How the Human Body Creates itself, by Jamie A. Davies

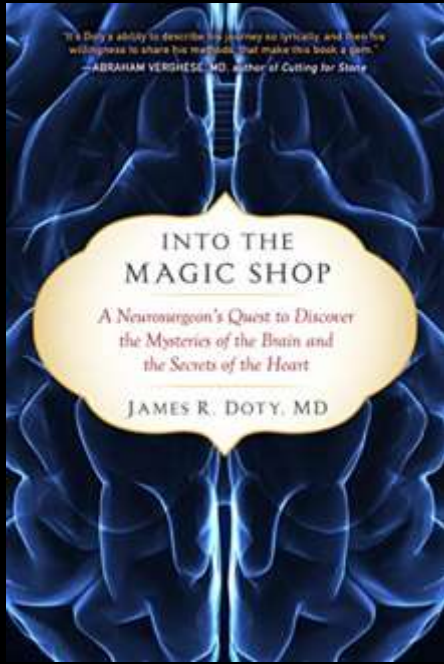
*Life Unfolding* tells the story of human development from egg to adult, from this perspective, showing how our whole understanding of how we come to be has been transformed in recent years. Highlighting how embryological knowledge is being used to understand why bodies age and fail, Jamie A. Davies explores the profound and fascinating impacts of our newfound knowledge. - Amazon

## Consciousness and the Brain: Deciphering How the Brain Codes Our Thoughts, by Stanislas Dehaene

In this lively book, Stanislas Dehaene describes the pioneering work his lab and the labs of other cognitive neuroscientists worldwide have accomplished in defining, testing, and explaining the brain events behind a conscious state. A joyous exploration of the mind and its thrilling complexities, *Consciousness and the Brain* will excite anyone interested in cutting-edge science and technology and the vast philosophical, personal, and ethical implications of finally quantifying consciousness. - Amazon



*Cure: A Journey into the Science of Mind over Body*, by Jo Marchant  
*Cure: A Journey into the Science of Mind over Body* maps out the latest mind-body research around the world. Its author, Jo Marchant, skillfully describes historic and contemporary research findings behind the health benefits of friendship and social connections, meditation and mindfulness, the placebo effect, and even the power of faith. In a world where medical professionals are often rushed, harried, and swamped, *Cure* asks us to consider substitutes for conventional Western medicine therapies. Caring and tenderness cost nothing and may be just the cure for an ailing world.



## In the Magic Shop, by James R. Doty, MD

**Extraordinary things happen when we harness the power of both the brain and the heart**

Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University, of which the Dalai Lama is a founding benefactor. But back then his life was at a dead end until at twelve he wandered into a magic shop looking for a plastic thumb. Instead he met Ruth, a woman who taught him a series of exercises to ease his own suffering and manifest his greatest desires. Her final mandate was that he keep his heart open and teach these techniques to others. She gave him his first glimpse of the unique relationship between the brain and the heart.

Part memoir, part science, part inspiration, and part practical instruction, *Into the Magic Shop* shows us how we can fundamentally change our lives by first changing our brains and our hearts. - Amazon

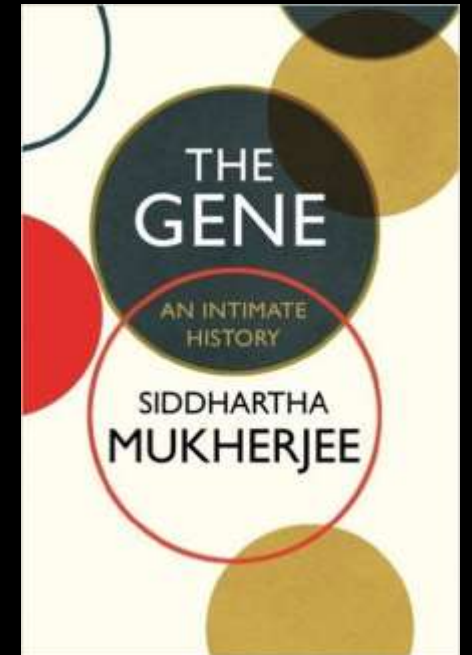
## The Gene: An Intimate History, by Siddhartha Mukherjee

**THE #1 NEW YORK TIMES BESTSELLER**

From the Pulitzer Prize-winning, bestselling author of *The Emperor of All Maladies*—a magnificent history of the gene and a response to the defining question of the future: What becomes of being human when we learn to “read” and “write” our own genetic information? – Amazon

21,000 to 23,000 genes make up a human being. Just one governs sex identity. It is also a message with instructions for proteins which are the building blocks of human life. Once again, Siddhartha Mukherjee, navigates a sea of complicated scientific information, this time about the human gene. His style is engaging, understandable, personal, and even humorous at times. A history book that should be read by all.

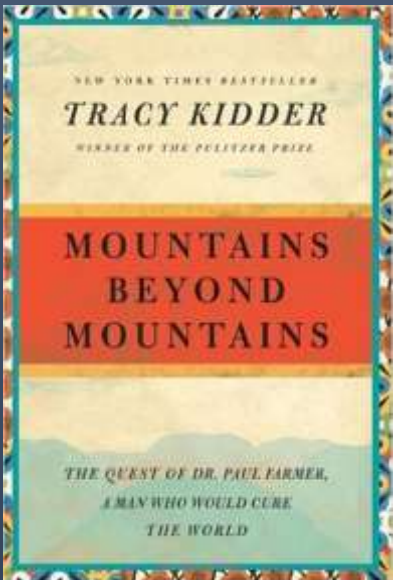
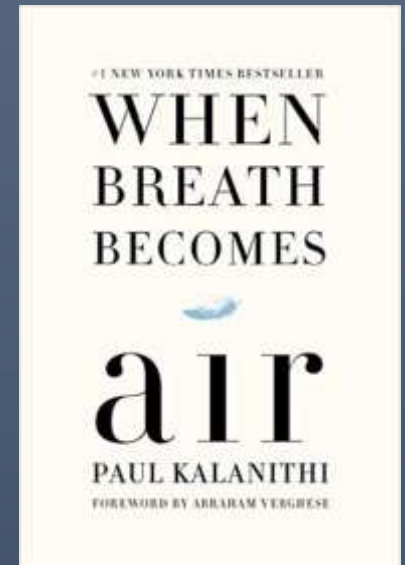
Summer Reading 2016



# Recommended Current Bestsellers

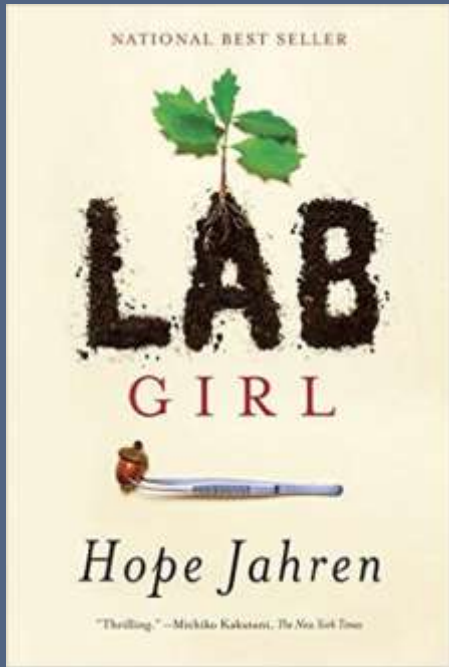
## When Breath Becomes Air, by Paul Kalanithi

**#1 NEW YORK TIMES BESTSELLER** At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. - Amazon



## Mountains Beyond Mountains, by Tracy Kidder

Tracy Kidder is a winner of the Pulitzer Prize and the author of the bestsellers *The Soul of a New Machine*, *House, Among Schoolchildren*, and *Home Town*. He has been described by the *Baltimore Sun* as the “master of the non-fiction narrative.” This powerful and inspiring new book shows how one person can make a difference, as Kidder tells the true story of a gifted man who is in love with the world and has set out to do all he can to cure it. In medical school, Paul Farmer found his life's calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. Kidder's magnificent account takes us from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes minds and practices through his dedication to the philosophy that “the only real nation is humanity.” - Amazon



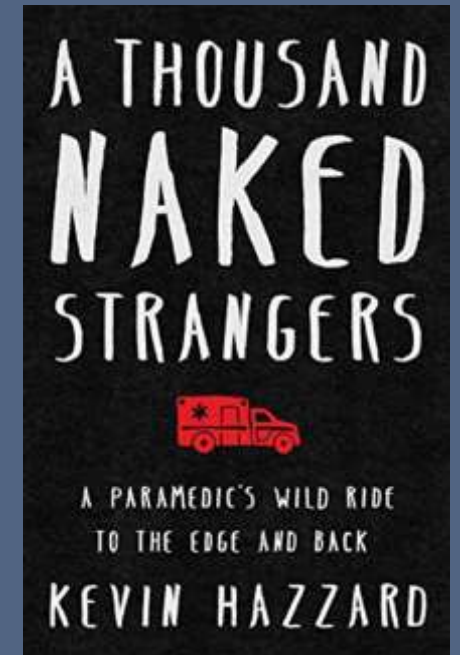
## Lab Girl, by Hope Jahren

**AMAZON National Best Seller; Named one of *TIME* magazine's "100 Most Influential People"**

**A *TIME* and *Entertainment Weekly* Best Book of 2016** *Lab Girl* is a book about work, love, and the mountains that can be moved when those two things come together. It is told through Jahren's remarkable stories: about her childhood in rural Minnesota with an uncompromising mother and a father who encouraged hours of play in his classroom's labs; about how she found a sanctuary in science, and learned to perform lab work done "with both the heart and the hands"; and about the inevitable disappointments, but also the triumphs and exhilarating discoveries, of scientific work.  
- Amazon

## A Thousand Naked Strangers, by Kevin Hazzard

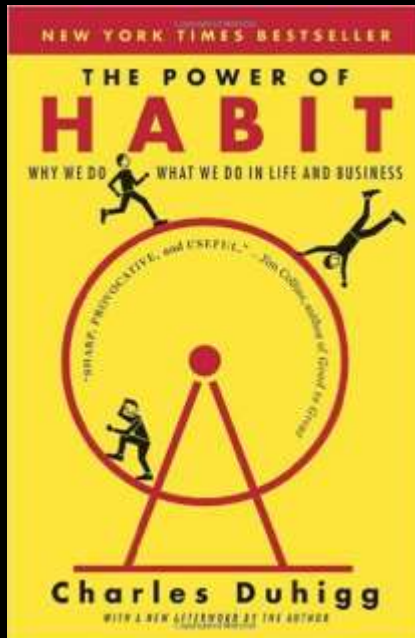
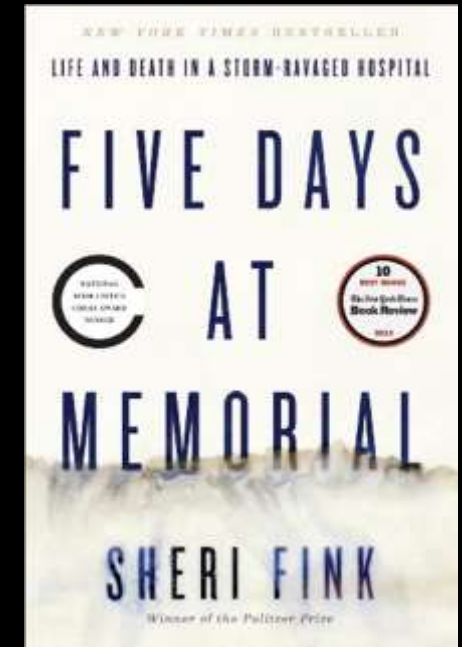
A former paramedic's visceral, poignant, and mordantly funny account of a decade spent on Atlanta's mean streets saving lives and connecting with the drama and occasional beauty that lies inside catastrophe. In the aftermath of 9/11 Kevin Hazzard felt that something was missing from his life—his days were too safe, too routine. A failed salesman turned local reporter, he wanted to test himself, see how he might respond to pressure and danger. He signed up for emergency medical training and became, at age twenty-six, a newly minted EMT running calls in the worst sections of Atlanta. His life entered a different realm—one of blood, violence, and amazing grace. - Amazon



## Five Days at Memorial, by Sheri Fink

One of the *New York Times*'s Best Ten Books of the Year

Winner of the National Book Critics Circle Award for Nonfiction; Winner of the 2014 J. Anthony Lukas Book Prize, the PEN/John Kenneth Galbraith Award, the *Los Angeles Times* Book Prize, the Ridenhour Book Prize, the 2014 American Medical Writers Association Medical Book Award (Public/Healthcare Consumers), a 2014 Science in Society Journalism Award, and the SIBA 2014 Book Award for Nonfiction Pulitzer Prize winner Sheri Fink's landmark investigation of patient deaths at a New Orleans hospital ravaged by Hurricane Katrina – and her suspenseful portrayal of the quest for truth and justice. – Amazon



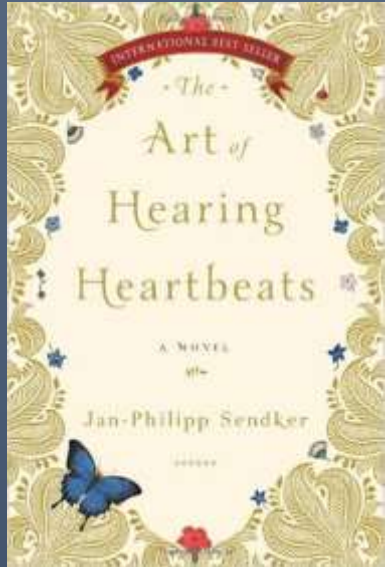
## The Power of Habit, by Charles Duhigg

OVER 60 WEEKS ON THE *NEW YORK TIMES* BESTSELLER LIST

NPR BESTSELLER; *WASHINGTON POST* BESTSELLER; *LOS ANGELES TIMES* BESTSELLER; *USA TODAY* BESTSELLER; *PUBLISHERS WEEKLY* BESTSELLER; NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *The Wall Street Journal* • *Financial Times*

In *The Power of Habit*, Pulitzer Prize–winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. - Amazon

# Recommended by Library Staff



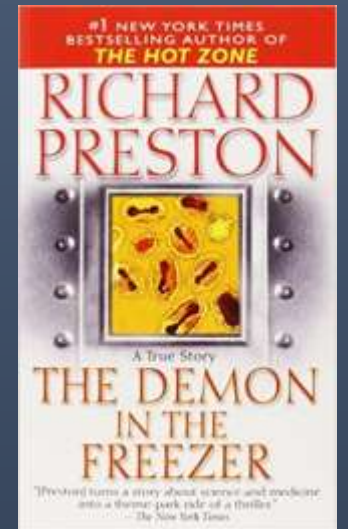
## The Art of Hearing Heartbeats, by Jan-Philipp Sendker

*The Art of Hearing Heartbeats*, by Jan-Philipp Sendker, is an inspirational book that tells of a father's life journey, and the daughter who returns to his country of origin, Burma, in search of him.

Determined to solve the mystery of his sudden disappearance, she learns about the hardships of his youth where he overcame neglect and disability, and his unfaltering determination to return to the one that he loves. This book is very well written and is an elegant combination of mystery, the journey of life, and the determination to overcome obstacles. - Kate Bright, Admin

## The Demon in the Freezer, by Richard Preston

For those that enjoy thriller novels, *The Demon in the Freezer* by Richard Preston is a quick, informative read based off of real facts. Written not long after the anthrax attacks in 2001, the book speculates that not all the stores of smallpox are accounted for, something that in recent times has been proven correct. Will vaccine resistant smallpox be the next form of biological warfare? - Mariah Schneider, Document Delivery/ Interlibrary Loan



# SUMMER READING BOOKLIST 2016

- Anner, Zach *If at Birth You Don't Succeed* PN 2287 A645 A3 2016
- Athill, Diana *Alive, Alive Oh!* PR 6051 T43 7463 2016
- Brown, Ian, *Sixty: A Diary of My Sixty-First Year*
- Davies, Jamie A. *Life Unfolding: How the Human Body Creates Itself* WS 103 D255L 2015
- Dawes, Danial E. *150 Years of Obamacare* WA 540 AA1 D2690 2016
- Dehaene, Stanislas *Consciousness and the Brain: Deciphering How the Brain Codes Our Thoughts* WL 705 D322c 2014
- Dosses, Larry *Healing Words* WB 885 D718 1993
- Doty, James R. *Into the Magic Shop* WZ 100 D725i 2016
- Duhigg, Charles *The Power of Habit* BF 335 D871p 2014
- Fink, Sheri *Five Days at Memorial* RA 975 D57 F56 2016
- Gawande, Atul *Being Mortal* WB 310 G284 2014
- Haig, Matt *Reasons to Stay Alive* WM 75 H149 2016
- Hari, Johann *Chasing the Scream: The First and Last Days of the War on Drugs* HV 5825 H375 2016
- Hazzard, Kevin *A Thousand Naked Strangers* RA645.6.G4 H39 2016 B/H
- Jahren, Hope *Lab Girl* QH31 J344 A3 2016
- Kalanithi, Kevin *When Breath Becomes Air* WF 658 K14w 2016
- Kelly, Martha Hall *Lilac Girls* PS 3611 E452 L55 2016
- Kidder, Tracy *Mountians Beyond Mountains* WZ 100 K46m 2003
- Kramer, Peter D. *Ordinarily Well* QV 77.5 K89o 2016
- Lansky, Sam *The Gilded Razor* HV 5805 L36 A3 2016
- Larin, Linda R. *Inspired to Change: Improving patient care one story at a time* W 62 I59 2014
- MacPherson, Pamela Heinrich *Vigil: The Poetry of Presence* PS 3613 A2828 B5 2015
- Marchant, Jo *Cure: A Journey into the Science of Mind Over Body* WB 885 M315c 2016
- Moyes, Jojo *Me Before You* PR 6113 O94 M4 2012
- Mukherjee, Siddhartha *The Emperor of All Maladies* WH 11 AA1 M953e 2010
- Mukherjee, Siddhartha *The Gene: An Intimate History* QU 475 M9537g 2016
- Prasad, Vinayak K. *Ending Medical Reversal* W 84.41 P911e 2015
- Quammen, David *The Chimp and the River: How AIDS Emerged from an African Forest* WC 503.3 Q1c 2015
- Quinones, Sam *Dreamland: The True Tale of America's Opiate Epidemic* HV 5840 M4 Q56 2015
- Rankin, Lissa *The Anatomy of a Calling* WZ 350 R211a 2015
- Robbins, Alexandra *The Nurses: A Year of Secrets, Drama, and Miracles with Heroes of the Hospital* WY 125 R632n 2015
- Robison John Elder *Switched On: A Memoir of Brain Change and Emotional Awakening* WM 203.5 R666 2016
- Roccella, Edward J. *The Dash Diet to End Obesity*
- Roedde, Gretchen *A Doctor's Quest: The Struggle for Mother and Child Health Around the Globe* WA 310.1 R712d 2012
- Romano-Lax Andromeda *Behave* PS 3618 059 B44 2016
- Ropper, Allan *Reaching Down the Rabbit Hole: A Renowned Neurologist Explains the Mystery and Drama of Brain Disease* WL 348 R785r 2014
- Ross, John J. *Shakespeare's Tremor and Orwell's Cough: The Medical Lives of Famous Writers* WZ 313 R824s 2012
- Sacks, Oliver *Gratitude* WZ 100 S121g 2015
- Sacks, Oliver *On the Move: A Life* RC339.52S23 A3 2015 B/H
- Seckin, Tamer *The Doctor Will See You Now*
- Sendker, Jan-Philipp *The Art of Hearing Heartbeats* PT 2721 E54 H4713 2012
- Slaughter, Anne-Marie *Unfinished Business* HQ 1075.5 U6 S57 2015
- Temple, John *American Pain* RM 146.5 T46 2015
- Weiner, Jennifer *Who Do You Love* PS 3573 E3935 W48 2015