“This is a work of heart and head, a beautiful synthesis of inner wisdom and hard earned scientific empirical findings that point the way to proven methods for improving the lives of both giver and receiver of medical care. This book is exactly what the field of medicine needs.”—Daniel J. Siegel, M.D., author of Mind and The Mindful Brain

[ATTENDING] should be required reading for physicians, and it is also of vital interest to the patients in their care.”—Publishers Weekly

“Epstein richly illustrates his arguments with case histories and stories of near mishaps in surgeries. Worthy reading for medical students and practitioners but also applicable to other fields: artists, writers, musicians, teachers et al. can also fall into formulaic ruts and autopilot behavior and need literally to change their minds.”—Kirkus Reviews

Scribner is pleased to publish ATTENDING: Medicine, Mindfulness, and Humanity (January 24, 2017) by Dr. Ronald Epstein, a Professor of Family Medicine, Psychiatry, and Oncology at the University of Rochester School of Medicine. The first book for the general public about mindfulness in medical practice and richly illustrated with real-life stories of patients and doctors, ATTENDING is a groundbreaking, intimate exploration of how doctors approach their work with patients—and the difference that mindfulness can make on patient outcomes—from the foremost expert in the field.

As a third-year Harvard Medical student, Epstein watched an experienced surgeon fail to notice his 18-year-old patient’s kidney turning an ominous shade of blue during surgery. In that same rotation, Epstein was awestruck by another surgeon’s ability to slow down and shift from autopilot to deliberate precision during a complicated procedure. The difference between these two doctors left a lasting impression on Epstein and set the stage for his life’s work—to identify the qualities and habits that
distinguish masterful doctors from those who are merely competent. The secret, he learned, was mindfulness.

When doctors approach care mindfully, they are open to possibility: less likely to let diagnoses define their patients, and more likely to consider alternate perspectives and avoid fatal mistakes. They are more likely to practice with compassion—attending to their patients’ needs and emotions—and self-compassion—attending to their own emotions to avoid burning out. Approaching medicine—and all work—mindfully both requires and builds grit and resilience.

In today’s commodified healthcare system, with physician burnout at an all-time high, Epstein’s ATTENDING offers a model for doctors, patients, and their families to approach medical decisions thoughtfully and collaborate to achieve the best that medical care can offer.

Meet Ronald Epstein:

January 26 | Rochester, NY | University of Rochester Bookstore
January 29 | Santa Rosa, CA | Copperfield’s Books
January 30 | San Francisco, CA | California Pacific Medical Center
January 31 | Palo Alto, CA | Books Inc.
February 1 | San Diego, CA | Warwick’s Bookstore
February 22 | Phoenix, AZ | Changing Hands Bookstore

More praise for ATTENDING:

“Epstein cuts through the cacophony and illuminates the heart of the medical enterprise—the attentive and compassionate connection between doctor and patient. In a world awash with medical error, patient dissatisfaction, and burned-out doctors, attention to mindfulness is much needed balm. Attending is at once penetrating, counterintuitive, and profoundly humbling.”—Danielle Ofri, MD, PhD, author of What Patients Say, What Doctors Hear

“Beautiful, compelling, and wise stories of how medicine and care-taking can be when approached with common sense, a fierce sense of what is best for both the doctor and patient, and a compassionate heart. A timely and important book!”—Marc Lesser, CEO of Search Inside Yourself Leadership Institute and author of Know Yourself, Forget Yourself and LESS: Accomplishing More By Doing Less

“In a most accessible way, Epstein makes a very convincing case for how doctors and patients would prosper from doctors becoming more mindful.”—Ellen Langer, PhD, Professor of Psychology, Harvard University, author of Mindfulness and Counterclockwise

“Epstein truthfully and powerfully describes the challenging and changing worlds of both the physician and the patient, clearly demonstrating how contemplative practices can help enrich the lives of everyone involved in health care.”—Sharon Salzberg, author of Lovingkindness and Real Happiness

“Epstein presents for general readers a concise guide to mindfulness, its value, and how it is a skill that anyone can work to acquire.”—Library Journal

“Powerful and inspiring…ATTENDING opens the pathway to bringing care, wisdom, and mindfulness into practice of medicine. A must-read for all clinicians and for lay readers as well.”—Joan Halifax, PhD, author of Being With Dying

Ronald Epstein is a Professor of Family Medicine, Psychiatry, and Oncology at the University of Rochester School of Medicine, where he directs Mindful Practice programs, the Center for Communication and Disparities Research, and the Dean’s Teaching Fellowship program. His landmark article, “Mindful Practice,” published in the Journal of the American Medical Association in 1999, has been widely cited and is required reading at over 1/3 of medical schools in the USA. His current research is supported by $7 million in grants from the NIH. He is a two-time Fulbright scholar, has over 250 publications, and has given over 300 presentations at over 100 medical schools, health systems and conferences throughout the world. Epstein has been named one of America’s Best Doctors since 1998 by US News and World Report and has received distinguished service and humanism awards from the University of Rochester, New York State Academy of Medicine, and the American Academy of Family Physicians.

ATTENDING: Medicine, Mindfulness, and Humanity by Dr. Ronald Epstein
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