

SGIM

**Women's Caucus
Recommended Reading List**

**Compiled by
2003 Co-Chairs of the Women's Caucus
Susan Davids, MD MPH
&
Jennifer Zebrack MD**

SGIM WOMEN'S CAUCUS RECOMMENDED READING LIST FOR PROFESSIONAL AND PERSONAL DEVELOPMENT-2003

Professional/Career

Who Moved My Cheese? by Spencer Johnson - Quick, easy reading, and delivers a message. Often the first chapter of many of these books are enough - like Covey -the first chapter tells it all.

Barbara Schuster, MD, MACP
Professor and Chairman,
Department of Medicine
Wright State University School of Medicine

Influence: The Psychology of Persuasion by Robert B. Cialdini, PhD, published by William Morrow and Company in New York, copyrighted 1983, 1994. This book explains why some people are so persuasive, and helps the reader learn to be more persuasive. I heard about this book from a couple of other GIM division chiefs, who had heard Cialdini speak and found him very effective. I think that GIM chiefs find that it is particularly useful to be able to persuade others to understand our point of view, including department chairs, hospital executives, and the many others with whom we negotiate on a regular basis.

Ann B. Nattinger, MD MPH
SGIM Secretary
Professor and Section Chief
Division of General Internal Medicine
Medical College of Wisconsin

A Women's Guide to the Language of Success by Phyllis Mindell – Practical advice about how to communicate and present ideas with confidence and to be heard.

JudyAnn Bigby, MD
President Elect-SGIM
Associate Professor of Medicine
Medical Director, Office of Women, Family and Community Health
Programs
Brigham & Women's Hospital, Harvard Medical School

I Don't Know How She Does It by Allison Pearson-it is a humorous somewhat exaggerated description of what the working professional woman goes through when she is juggling work, family, and self. It captures the schedule, the conflicts, the rewards, the strains, and the emotional realities.

Sharon J. Parish, MD
Director of Psychosocial Training
Department of Medicine
Montefiore Medical Center
Assistant Professor of Medicine
Albert Einstein College of Medicine

I Don't Know How She Does It by Allison Pearson - one of the most entertaining novels I have ever read - does for working mothers what House of God did for residency.

Creating a Life: Professional Women and the Quest for Children by Sylvia Ann Hewlett

Hardball for Women: Winning at the Game of Business by Pat Heim

Maureen T. Connelly, MD, MPH
Department of Ambulatory Care and Prevention
Harvard Medical School and Harvard Pilgrim Health Care
Co-Director, Harvard Vanguard Menopause Consultation Service

Beyond Juggling: Rebalancing Your Busy Life by K. Sandholtz et al. Berrett-Koehler, 2002. Great tips. I worry greatly that there is an increasing view that the only way to balance is to pursue a career as part time; while I am not opposed to that, I also think we should be examining why the work place is so toxic for full time work.

Melissa McNeil, MD
EX OFFICIO (July 1999) Editor, SGIM Forum
Professor of Medicine
University of Pittsburgh Medical Center

The Tipping Point by Malcolm Gladwell - because you will see the world in a new way
Who Moved My Cheese? by Spencer Johnson - because it helps you to manage change

Karen DeSalvo, MD, MPH
Assistant Professor of Medicine
Assistant Chief of the Tulane Medical Service
The Medical Center of Louisiana at New Orleans
(Incoming Section Chief for the Section of General Internal Medicine)

Working with Emotional Intelligence by Daniel Goleman, PhD. This is a follow up to his earlier work on "Emotional Intelligence", but I think the second book stands on its own. I recommend this book because Goleman draws conclusions from studying successful leaders, and the conclusions have "face validity". It outlines the "competencies" of successful individuals and describes, in behavioral terms, what being "emotionally competent" means and looks like. He provides a nice map of what we can all strive for. The competencies apply to individual mentoring relationships, work relationships, and leadership roles--works for interactions with patients, staff, colleagues, students, residents, and leaders.

Judy Bowen, MD
Associate Professor and Section Chief,
General Internal Medicine
Associate Residency Program Director for Primary Care
Department of Medicine
Oregon Health Sciences University

No Ordinary Times by Doris Kearns Goodwin. This is one of the best books I've ever read. It's about Eleanor and Franklin Roosevelt during the war, with particular focus on Eleanor. She is simultaneously an ordinary and an extraordinary woman, which seems to be roles we need to fill at various points.

Maxine Papadakis, MD
Professor of Clinical Medicine
Associate Dean for Student Affairs
University of California San Francisco

Tempered Radicals by Debra Meyerson - a wonderful book for women leaders (or any other relative minority-- due to race, religion, sexual orientation, political stance, etc.) It offers suggestions and examples of how one can work to change organizational policies that may be at odds with one's personal values, without committing professional suicide. I wish I had encountered this book 10 years ago!

Frances Brokaw, MD
Assistant Professor of Medicine
Division of General Internal Medicine
Dartmouth Hitchcock Medical Center

Talking 9 to 5 by Deborah Tannen. She tells how men and women's different communication styles impact on who gets heard and why in the workplace. I found have found this extremely helpful in negotiating with male colleagues as well as interacting with male and female employees.

Lisa A. Cooper, MD, MPH
Associate Professor of Medicine and
Health Policy & Management
Johns Hopkins University
Welch Center for Prevention, Epidemiology, & Clinical Research

Body and Soul by Frank Conroy

Carol Warde, MD
2002 Elnora M Rhodes SGIM Service Award Recipient
Director Internal Medicine Teaching Service
Long Beach Memorial Medical Center

Turning Team Performance Inside Out by Susan Nash. Provides practical advice for managing and working within teams from all levels of teamwork - relevant to clinical teams, research teams, as well as divisions, departments, etc.

Jean S. Kutner, MD, MSPH
Associate Professor and Acting Division Head, Division of General Internal
Medicine
University of Colorado Health Sciences Center

Written by Herself: Autobiographies of American Women: An Anthology by Jill Kerr Conway

Inspirational stories of 25 women-scientists, artists, reformers, writers. Especially liked Margaret Sangers' story. These women were challenged, faced adversity and discrimination, yet managed great achievements in spite of these obstacles.

Ellen Yee, MD, MPH
Co-Chair, 2002 Annual Meeting
Associate Clinical Professor of Medicine
University of New Mexico School of Medicine

Developing the Leaders Around You by John C. Maxwell, recognizing importance of getting things done through others--and recommended by my new boss.

Shirley Meehan, MBA, PhD
2000 Elnora M Rhodes SGIM Service Award
Deputy Director, HSRD
Department of Veterans Affairs

The Seven Habits of Highly Effective People by Stephen Covey. (Highly recommended) As a working mom in academics, I feel the need to use my time wisely. The principles in this book help you to create balance between your personal and professional responsibilities by putting first things first and acting on them. In this and his other books, Covey teaches you to categorize tasks so you focus on what is important, not merely what is urgent. First you divide tasks into these quadrants:

1. Important and Urgent (crises, deadline-driven projects like grants)
2. Important, Not Urgent (goal-setting, preparation, prevention, planning, relationships)
3. Urgent, Not Important (interruptions, reports, mandatory training)
4. Not Urgent, Not Important (trivia, time wasters)

Most people spend most of their time in quadrants 1 and 3, while quadrant 2 is where quality happens. "Doing more things faster is no substitute for doing the right things," says Covey. As a working mom in academic medicine, I needed to hear that multi-tasking is not the answer!

Laura A. Petersen, MD, MPH
Associate Professor of Medicine
Baylor College of Medicine
Houston, Texas

Medical Uses of Statistics by JC Bailar Jr, Fred Mostellar, NEJM Books- for me it's statistics as a key to research, med care, and being an editor

Barbara J. Turner MD, MSED
Professor of Medicine
Division of General Medicine
University of Pennsylvania

The Seven Habits of Highly Effective People by Stephen Covey. This is a book that helps clarify values and priorities. It helps to establish which things are most important in one's life (career and otherwise) and to live one's life according to those priorities

Judith Walsh, MD, MPH
Associate Professor of Clinical Medicine
Women's Health Clinical Research Center
UCSF

Advice to a Young Scientist by PB Medawar: It encourages you to take your science, but not yourself, seriously.

Amy Justice, MD, PhD
Associate Professor of Medicine
University of Pittsburgh's School of Medicine

The Spirit Catches You and You Fall Down by Anne Fadiman, for the subtlety of hubris and a reminder of the value of humility in our work.

Lynn M. Cleary, MD
Associate Dean for Curriculum
SUNY Upstate Medical University
College of Medicine

Time to Heal by Kenneth Ludmerer. This book is a continuation of Ken's previous history of medical education. The first book (also recommended) called "Learning to Heal" is a history of American medical education from the Civil War until the early 1910s. Time to Heal continues the history from the early 1900s through the beginning of the 21st century. In addition to providing a rich understanding of how American medical education has evolved and why some things are the way they are today, Ken steps out of his role of medical historian and devotes the last part of the book to an essay on regaining the soul of medicine. The title is many layered because it suggests the need for time, the need for healing of both patients and the medical profession, and a call to action - and the book represents all three aspects.

M. Brownell Anderson
Senior Associate Vice President,
Division of Medical Education, AAMC

The Spirit Catches You and You Fall Down by Fadiman - great book on cross cultural medicine

Carol Bates, MD
Primary Care Program Director
Assistant Professor of Medicine
Beth Israel Deaconess Medical Center
Harvard Medical School

Working-Class Women in the Academy: Laborers in the Knowledge Factory Edited by Michelle M. Tokarczyk and Elizabeth A. Fay; U of Mass Press 1993. An anthology of essays from academic women from poor and working class backgrounds (mostly in the humanities and social sciences, alas no docs). Wonderful insights into the interaction between class and gender and the challenges of an academic career. From the preface "These essays develop ways of thinking about...academic hierarchy, etc...and the renogation of one's background as a resource rather than a detriment." Women from less advantaged backgrounds will find this book validating and empowering, women from more privileged backgrounds will gain insights into the additional hurdles encountered by their less privileged colleagues and students.

Lifting a Ton of Feathers: A Women's Guide to Surviving in the Academic World. by Paula J. Caplan; University of Toronto Press 1995. The title says it all.

Arlene Bierman, MD, MS
Senior Research Physician,
Center for Outcomes and Effectiveness Research, Agency for Healthcare
Research and Quality (AHRQ)

Good to Great by Jim Collins — excellent discussion of characteristics of great leaders with aspects that translate nicely to academic medicine. I especially found the first half helpful.

The Time Trap by Alec Mackenzie — excellent discussion of managing time. . . . why it is so hard, including useful suggestions. A "must read".

Ruth Marie E Fincher, MD
Past Chair of AAMC
Vice Dean for Academic Affairs
Professor of Medicine
Division of General Internal Medicine
Medical College of Georgia

Type Talk: The 16 Personality Types That Determine How We Live, Love, and Work by Otto, Kroeger, Janet M. Thuesen

Anuradha Paranjape, MD MPH
Assistant Professor of Medicine
Emory University School of Medicine
Division of General Medicine

The Leadership Challenge by Kouzes and Posner 3rd ed 2002, Josey-Bass Publisher, San Francisco. This book is recommended and used in an ongoing institutional leadership program I am enrolled in for department chairs. It is very well organized and fast reading. It has a good organizational structure with relevant examples in each chapter and has been very helpful for me.

The 21 Irrefutable Laws of Leadership by John C. Maxwell 1998, Thomas Nelson Publishers, Nashville. It is also included on the reading list in the present course I'm involved in. It is quick reading and has relevant topics although many examples not based on medical field but certainly could be extrapolated. I think it is helpful but if you have a choice between this book and Kouzes and Posner, would go with Kouzes and Posner definitely.

Carmen Escalante, MD
Chair Ad Interim, General Internal Medicine
Associate Professor, General Internal Medicine
Clinical Medical Director, Ambulatory Treatment Center

Publishing and Presenting Clinical Research, by Warren Browner, A great text for new and experienced investigators on getting work published; I'm reading it in preparation for a series of lectures I'm giving.

Julia H. Arnsten, M.D., M.P.H.
Assistant Professor of Medicine, Epidemiology, and Psychiatry
Albert Einstein College of Medicine
Montefiore Medical Center

Helpful especially early career books:

Physician as Teacher, by Thomas Schwenk and Neal Whitman - readable, brief pearls Neogitating Past No - helpful re-frame about focusing on what is really important

Hardball for Women by Pat Heim - dated in some ways copyright 1993 and in other ways, not much has changed. Articulates cultural biases about women in leadership positions and the implications of personal options in responding.

Pam Charney, MD
Clinical Professor of Medicine
Program Director, Internal Medicine Residency
Norwalk Hospital

What's Holding You Back? 8 Critical Choices for Women's Success by Linda Austin, M.D, Basic Books, 2000. This is best book on adult development I've yet found (and was the first one to stimulate me to appreciate my strengths rather than focus on my neuroses). I believe it will be of value to any with some awareness that they might be using their talent and energy more productively.

Eve's Seed: Biology, the Sexes and the Course of History by Robert McElvaine, McGraw-Hill, 2001.

This book combines anthropology, history and politics to explore how people's views of sexual difference have shaped history, inviting new readings of Genesis, Darwin, Locke, de Tocqueville and many others.

McElvaine's thesis is: "hell hath no fury like a man devalued." He considerably deepened my understanding of why the work of changing culture to support women's development is so challenging and complex.

Also McElvaine is an outstanding, witty writer. [I'd LOVE to hear from anyone who reads this!]

Tempered Radicals: How People Use Difference to Inspire Change at Work by Debra Meyerson, Harvard Bus Schl Press, 2001. "Tempered radicals" feel different from the traditional majority in their organizations; they want to rock the boat while staying in it and use their differences to inspire positive changes. Meyerson's advice for TRs is extremely valuable to anyone working on the frontlines of conservative institutions.

The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types by Don Riichard Riso, Doubleday 1999.

Janet Bickel, MA
Career Development Coach
Faculty Career and Diversity Consultant

Personal:

-Barbara Schuster, MD, MACP

Shelters of Stone by Jean Auel. I enjoy archeology and anthropology and have read her entire series. (Clan of the Cave Bear).

-JudyAnn Bigby, MD

Red Tent by Anita Diamant The description of the menstrual tent and the role it plays in bonding is just wonderful to read about.

-Melissa McNeil, MD

Harry Potter books, I read strictly for pleasure and look for very little redeeming social value. I like mysteries, action novels, and my personal favorites are the Harry Potter books

-Karen DeSalvo, MD, MPH

Me Talk Pretty One Day and Naked by David Sedaris - because you will laugh out loud

The Mists of Avalon - because it is empowering

-Judy Bowen, MD

Composing a Life by Mary Catherine Bateson's. Dr. Bateson is a cultural anthropologist (like both her parents--Gregory Bateson and Margaret Mead), and provides four in-depth case studies about four women traversing several transitions in their adult lives. The primary conclusion: compared to men and perhaps tradition, women tend to make choices that are non-linear. Rather, their lives flow, blend, evolve, and become "compositions"--paintings, symphonies--a very nice metaphor for most professional women I know, and very comforting when many of us live in isolation from each other with male role models providing a more linear example that just doesn't seem to work.

-Maxine Papadakis, MD

Under the Tuscan Sun by Frances Mayes because life is delicious.

-Frances Brokaw, MD

Poems to Read - another favorite poem project book from former poet laureate Robert Pinsky. Poetry and art are essential for personal and spiritual growth, I think. Poems pull no punches. This book has poems recommended by people ranging from students and librarians to doctors, lawyers, and musicians. The poems are meant to be read *aloud* which adds music to the words

-Lisa Cooper, MD, MPH

Choices by Melody Beattie. This book gives many personal accounts of how the choices we make can bring us the desires of our hearts in all aspects of our lives, if we tune in to our inner wisdom. Melody Beattie is one of my favorite inspirational writers because she helps me to blend the spiritual, emotional, and intellectual aspects of my nature. She writes daily meditation books as well. Her personal story is one of healing and triumph.

-Carol Warde, MD

Interpreter of Madadies by Jhumpa Lahiri

-Jean Kutner, MD, MSPH

The Perfect Recipe, by the editors of Cooks Illustrated. A wonderful cookbook / information source that describes how and why the editors selected each recipe as "the best recipe" as well as the how and why certain approaches are recommended for cooking and baking. A definite must for people who find relaxation in cooking, but like to learn as well.

-Ellen Yee, MD, MPH

Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic, by Martha Beck

True story of a Harvard Graduate student (Beck) expecting a child with Down's syndrome and her story of why she chose to keep her baby. Her husband is a Harvard Business School student, and they face great pressure to abort. Beck's pregnancy is unexpected, and along the way, she encounters unexplainable occurrences. The book is funny, thought provoking, and offers unexpected insight into the demands of academia and the barriers of pregnancy.

-Shirley Meehan, MBA, MPH

The 7 Habits of Highly Effective People, by Stephen R. Covey, applicable to all areas of one's life; for emphasizing balance and focusing on priorities

-Laura Petersen, MD, MPH

The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children by Wendy Mogel. This book provides ways to lovingly reassert our moral authority and spiritual mentorship over our children. The author provides practical steps to parents (Jewish or not) for helping their children find strength in who they are as individuals, while lessening social pressure for perfection in every realm.

-Barbara Turner, MD, MSed

I was a history major: so John Adams by David McCullough -- fabulously written and I think we all need to be exposed to great writing (by David) as well as great writing by Abigail and John Adams - they were a fascinating couple and she was a strong influence on him -- as good as it gets in those days. I also enjoy Sandra Dallas's books

-Judith Walsh, MD, MPH

I don't Know How She Does It: Life of Kate Reddy, Working Mother by Allison Pearson. I loved this book, and have been recommending it to every working mother that I know. (My colleagues are suggesting that I should receive royalties for being such an avid fan of this book) It made me laugh and made me cry. It certainly illustrates the challenges of working and being a Mom

-Amy Justice, MD, PhD

The Screwtape Letters, CS Lewis: It gets you to see that everyone is, at times, hypocritical--but that does not make me (or anyone else) unworthy of love and respect.

-Lynn Cleary, MD

Ex Libris, another Fadiman book, short and pithy collection of essays about reading, books, writing, writers, readers, and language. I love words and language, and Fadiman is a master of word craft.

-M. Brownell Anderson

The Lymond Chronicles - a series of books written by an amazing writer of historical fiction, Dorothy Dunnett.- six books written about early 17th century France, Scotland, and England that take the hero into the Ottoman Empire and Russia, as well as his native Scotland. Francis Crawford, Count of Lymond, is the hero and he is a bit of a "super hero" - a mercenary, spy for Scotland, schooled in the classics. The book is filled with classical references and rich detail. A splendid read - I have read all six books twice and got more from them the second time! The title of the first is The Game of Kings Dunnett has also written a magnificent biography of Hamlet, called King HereAfter

-Carol Bates MD

The Bitch in the House, by Cathi Hanauer a series of essays by female writers on life and work as a woman. I Heard about it on NPR.

-Arlene Bierman, MD MS

Dropped Threads, What We Aren't Told. Edited by Carol Shields and Marjorie Anderson; Vintage Canada; 2001 A anthology of writings by Canadian women around the theme...what life experiences had amazed them, disappointed them, or caught them unprepared. A great read.

-Anuradha Paranjape, MD

Complications by Atul Gawande

- Julia H. Arnsten, M.D., M.P.H

Ask the Children: What America's Children Really Think About Working Parents by Ellen Galinsky, Obvious, right?

-Pam Charney, MD

A General Theory of Love. By Thomas Lewis, Fari Amini and Richard Lannon. Insightful psychiatrists who articulate some of the potential connections between experience and brain functioning

-Martha S. Gerrity, MD, MPH, PhD

Associate Professor of Medicine

Division of General Internal Medicine, OHSU/VAMC

Director, Undergraduate Medical Education, Department of Medicine, OHSU

Barbara Kingsolver's books because her female characters are appealing and resourceful.

-Marilyn Schapira, MD, MPH

Associate Professor of Medicine

Division of General Internal Medicine

President of Midwest Region SGIM

Vice-President Elect of Society of Medical Decision Making

The DaVinci Code by Dan Brown, This was a wonderfully enjoyable mystery that I read over a recent vacation. Art history is a love of mine and reading a mystery which includes unraveling clues in a DaVinci painting and ancient graphic symbols is my idea of a good time.

-Anna Maio, MD
Assistant Professor of Medicine
Chief, Division of General Internal Medicine
Creighton University Medical Center
The Lovely Bones by Alice Sebold - interesting discussion of after life

Reading now:

-Barbara Schuster, MD, MACP
Good Harbor by Anita Diamant. I really enjoyed her first book,
The Red Tent. I am also taking Bel Canto by Ann Patchett, which was sent to me by my mother. She and I share our 'tastes' in books

-JudyAnn Bigby MD
Complete Idiots Guide to Understanding Buddhism by Gary Gach - I have been studying Buddhism for a couple of years. This book caught my eye while searching for some readings by Thich Nhat Hanh. It's fun and presents basic tenets in every day language.
The Miner's Canary by Lani Guinier and Gerald Torres. - It's a great discussion of the political role of race in transforming democracy.

-Karen DeSalvo, MD, MPH
Naked by David Sedaris

-Judy Bowen, MD
Prodigal Summer by Barbara Kingsolver. I picked this book because I found myself in a huge jury "holding pen" about a month ago, having been summoned to serve as a juror. The room was too noisy to get anything else done, so on my lunch break I walked to the local book store and there it was, on the "sale" table. I'd heard nothing about it, but I like Kingsolver's other work, so I bought it. It's a delight I can highly recommend. The rest of the "waiting to be called" passed quickly
The Piano Tuner by Daniel Mason. This book was recommended to me by two of my education colleagues (Dave Irby and Georges Bordage over a glass of wine at the AAMC meeting last fall). They couldn't stop talking about it. I really enjoy historical fiction, and this one is terrific (although hands down, the best historical fiction I read in the past year was "The Power of One")

-Fran Brokaw, MD
The Brothers K - a novel by David Duncan. A friend gave it to me saying, "I know you will enjoy this book!" It is a great story about a family and their coming of age in the 60s-70s; full of pain, wonder, power, and humor. I like reading fiction as an escape from too much work-related stuff. I usually find the books have insights into the human condition that help me with my work.

-Lisa Cooper, MD, MPH
I haven't read much for fun lately, but one of my favorite novels of all time is A Woman of Substance by Barbara Taylor Bradford. It is a story of one woman's courage, self-confidence, and perseverance. I like books in which women's diverse qualities (professional competence, creativity, passion, style, gentleness, and nurturing) are revealed, and this is definitely one of them.

-Carol Warde, MD
Tempered Radicals by Debra E. Meyerson

-Jean Kutner, MD, MSPH
Year of Wonders, Geraldine Brooks, A historical fiction from the perspective of a woman in a small town in England during the plague - interesting to read about the plague from the perspective of people who don't know anything about the epidemiology or etiology of the disease, in terms of how they react as individuals and a town to a devastating disease.

-Ellen Yee, MD, MPH

The Emperor of Ocean Park by Stephen Carter, Given to me by a friend: entertaining mystery written by a Yale Law School Professor.

-Shirley Meehan, MBA, PhD

From Beirut to Jerusalem, by Friedman, --insight into culture and conflict in Middle East

-Anuradha Paranjape, MD, MPH

The New Yorker

-Laura Petersen MD, MPH

The Last Coyote by Michael Connelly, a recently completed favorite. I love to indulge in mysteries and thrillers as a great escape.

I am now reading Soul Survivor by Philip Yancey. This book describes the lives of several people (such as Martin Luther King and Ghandi) who were spiritual inspirations to the author.

-Barbara Turner, MD MSed

I Claudius by Robert Graves because I was fascinated by a recent trip to Pompeii and find the intrigue of ancient Rome quite relevant to today.

Even though I am swamped by work I read at least 10 pages a night - so it can take a while to get thru a book but keeps me sane.

-Judith Walsh, MD, MPH

Quentins, By Maeve Binchy's, I have been saving it for vacation. Maeve Binchy is my absolute favorite author. My family is Irish and she really portrays Irish life well. She, too, makes me laugh and makes me cry.

-Amy Justice, MD, PhD

I recently reread the Ring trilogy by Tolkien. They are a wonderful form of escape.

-Lynn Cleary, MD

I am usually reading 2 or 3 books at one time. Current reads include:

Complications, by Atul Gawande. I enjoyed reading his essays in the New Yorker, and wanted more. He is a reflective surgeon who brings perspective to medical education and practice.

A Human Being Died That Night, by Pumla Gobodo-Madikizela. This is the first person story of a black woman psychologist member of the South African Truth and Reconciliation Commission who meets and interviews Eugene de Kock in a Pretoria prison. De Kock was the commanding officer of state-sanctioned apartheid death squads. It is a remarkable exploration of horror, understanding and compassion.

Endless Feasts, edited by Ruth Reichl. I had read other books by Reichl (Tender at the Bone and Comfort Me With Apples) and enjoyed them a great deal. She has injected some zip into Gourmet magazine as its current editor. This book is a compilation of essays from contributing writers to Gourmet over the past 60 years. The book is a sampling of outstanding writing and wonderful stories about people, places, and food.

-M. Brownell Anderson

Austerlitz by W.G. Sebald - a compelling book, that is reflective, yet hopeful. I didn't pick it, it was given to me by a very dear friend, Dan Klass, M.D. I have found that people who know me and give me books they think I will like, often give me books that I love, but that I might never have discovered for myself.

-Carol Bates, MD

The Liar's Club by Mary Karr, I picked it for 50 cents at library(!) and recognized that I'd heard good things about it. - but about dysfunctional family relationships and strength and quite good.

-Arlene Bierman, MD, MS

Just finished: My Forbidden Face: Growing Up Under the Taliban: A Young Women's Story, by Latifa (pseudonym): I picked this book off the library shelf seeking to understand a nation and culture inadvertently shaping our current history. I got much more—an incredible memoir of a remarkable young woman coming of age in Kabul under Taliban rule against the backdrop of the Soviet invasion, war with the mujahadeen, and rise of the Taliban. The book is filled with tales of heroism by women (including the author's mother) who risked their lives to provide forbidden education and health care to the women and girls of Afghanistan.

Currently reading: Portrait in Sepia, by Isabelle Allende—I chose this because I love the poetry and imagery of the author's prose, depth of her characters, and richness of her narrative. Engrossing novel set in San Francisco and Chile at the end of the nineteenth century.

-Ruth-Marie E Fincher, MD

The Middle East by Bernard Lewis — readable discussion of historical background to current events

Running and Being by George Sheehan — easy read, "philosophy" of a runner — resonates with me.

-Marilyn Schapira MD, MPH

I'll Take You There by Joyce Carol Oates, This novel is a story, perhaps autobiographical, about the coming of age of an intellectual woman. The novel explores college in the 60's, first love, family, and identity. The book is easy to read and, for me, was a nice introduction to the work of Joyce Carol Oates.

-Anna Maio, MD

The Hours - always enjoyed Virginia Wolff

-Julia H. Arnsten, M.D., M.P.H

Dreamland by Kevin Bacon A huge historical novel, set in turn-of-the-century New York City, with gangsters, midgets, feminist strikers, the Lower East Side, Coney Island, Freud's trip to America and the infamous Triangle Factory fire

-Pam Charney, MD

The Sparrow by Mary Dorio Russell, First contact science fiction with many multi-cultural twists.

Passages by Connie Willis - Profiling and wonderful science fiction writer, in general. I recently finished Passages which focuses on studying near death experiences, her descriptions of being lost in hospital halls the best I've read. Not as strong by the end as some of her best - Christopher Columbus or Lincoln's Dreams.

Blanche on the Go by Barbara Neely. The latest of the Blanche detective series

-Rowena Dolor, MD

Associate Professor of Medicine,
Division of General Internal Medicine,
Duke University Medical Center:

Harry Potter Series