



Stress Management Learning Techniques for Medical Students, Doctors, Dentists (Paperback)

By Dr Pritam Biswas MD

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Stress Management Learning Techniques for Medical Students, Doctors Dentists, provides a compilation of validated stress management techniques and learning techniques. It seeks to teach and explain techniques from cognitive science and psychology which have been abbreviated into simple easy to practice steps for the busy medical student or practitioner -Stress management: A detailed practical guide to prevent academic burnout and physician burnout. -Learning techniques: Seeks to help medical students and practitioners with their lifelong endeavors of medical education and learning with scientifically validated learning and memory techniques. This book endeavors to help the medical students and practitioners navigate the hazards of the profession to shores of an empowered and resilient medical professional.



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