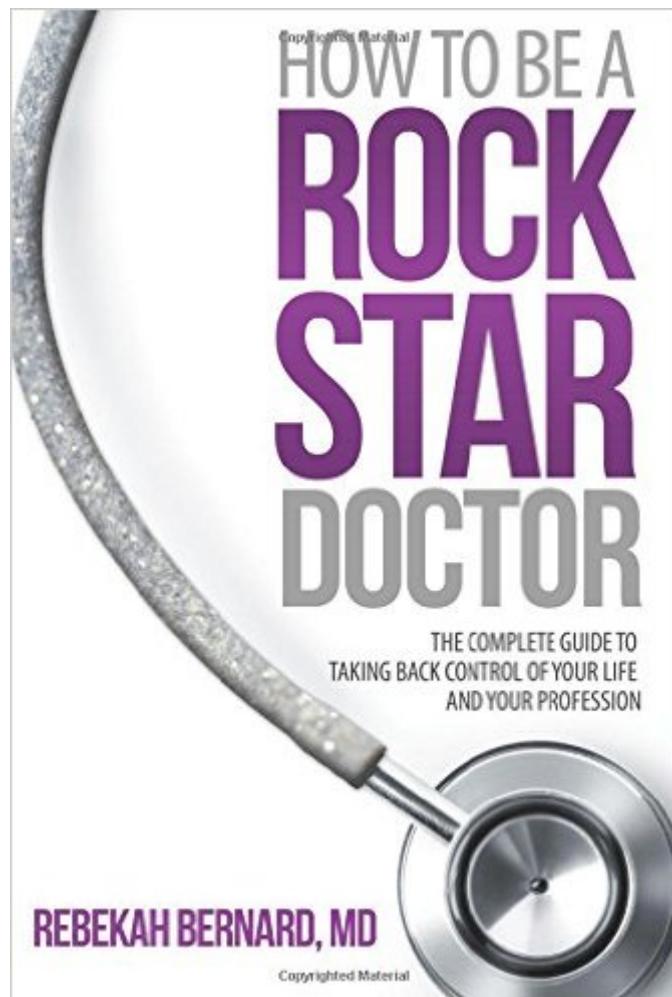


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# How To Be A Rock Star Doctor: The Complete Guide To Taking Back Control Of Your Life And Your Profession



## Synopsis

"How to be a Rock Star Doctor" shows doctors how to get on-stage to achieve clinical and professional success, while avoiding burnout. The key is to follow Rebekah Bernard's Rock Star rules for running a successful practice that delights patients and delivers financial and emotional rewards to the physician. The Rock Star rules teach the physician to:

- \* Convey the qualities that are the most important to patients, leading to clinical success
- \* Organize and control the office visit to maximize the patient and physician agendas
- \* Optimize time management by the use of clinical tools such as the "Problem List" and Evidence-Based-Medicine (EBM)
- \* Focus on physician-patient "face-to-face" time to maximize profitability
- \* Overcome the challenges of the Electronic Health Record (EHR) on the physician-patient relationship with time-saving methods such as customizable forms
- \* Cope with emotionally challenging patients by learning to show empathy, even when you don't feel it
- \* Use psychology to maintain your mental health and find work-life balance

"This is well-written, accessible and useful, not only for students, residents and new docs but also for seasoned docs struggling with the complexities of today's health care system." -- Jay W. Lee, MD, MPH, FAAFP, President of the California Academy of Family Physicians "I want to give this book to all of my physician patients, especially those who struggle with time management. A must read for any novice practitioner as well as the seasoned physician who needs to reboot their practice." - Steven Cohen, PsyD, The Center for Psychology

## Book Information

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## Customer Reviews

I wish this book were mandatory reading for all medical students, residents and fellows before going

out into the "real world". I have told my two younger colleagues in practice about it and they both immediately purchased the book. Those of us who imagine ourselves to already be rock stars in our field will also benefit greatly from the reminders that every interaction with patients is an opportunity to not only make it a great experience for the patient but also as a result for ourselves as physicians, rekindling the enjoyment of each interaction with a patient as we imagined it could be when we chose this profession. Very inspiring and motivating! Thank you, Dr. Bernard, you are indeed a Rock Star among us.

Nothing that we don't already know, but nice to summarize it in a succinct format, and great motivational book to remind ourselves that we can do this. We're already good at what we do -- we just have to highlight it for others to see.

A fascinating perspective of how to manage a medical practice. Great insight on time management and navigating the obstacles associated with practicing in the modern healthcare environment. Dr. Bernard's writing style is engaging and she keeps you interested. She makes her lessons tangible and easily applied to real life.

A very detailed must read for anyone in 3rd or 4th year of medical school and anyone in residency and considering either going into and starting their own practice, or those who want to stand out from the crowd and be recognized at THE PHYSICIAN in the community to go to! Good job Dr. Bernard

Speaking as a fellow physician, this book was a great reminder on how to do things the right way. This should be required reading for all 4th-year medical students and re-read during residency. I wish I had this available when I was a newby! It also could help laymen understand where doctors are coming from and why they do things the way they do.

MD, Patient or hospital administrator - this is a must read for anyone that stands ready to guide the healthcare industry to higher quality and satisfaction. Dr. Bernard knows something that you don't learn in med school - that caring about people and finding ways to demonstrate that caring with every patient adds up to a healthy practice - engaged employees and patients that return and bring their friends. Her advice is workable, based on experience, and successful outcomes. Read this book - follow the path and join the movement Dr. Bernard is creating for a new wave of engagement in healthcare.

I feel the book has good points regarding how to establish a great clinic, work life balance and caring for patients as healthcare continues to change. I have implemented some of the ideas from the book into my practice and they have helped my overall patient satisfaction and allowed the flow of patients through my practice to improve. Thank you. I think you have done an excellent job and I enjoyed reading the book.

This book is simply a blueprint to a successful physician practice. A must read for anyone in the medical field. Dr. Bernard is a leader in the healthcare community and this book will show you just how she did it. Whether you are struggling with reclaiming your personal life back or maintaining empathy when you are feeling burnt out, follow Dr. Bernard's Rock Star advice and you will be on your way to stardom!

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