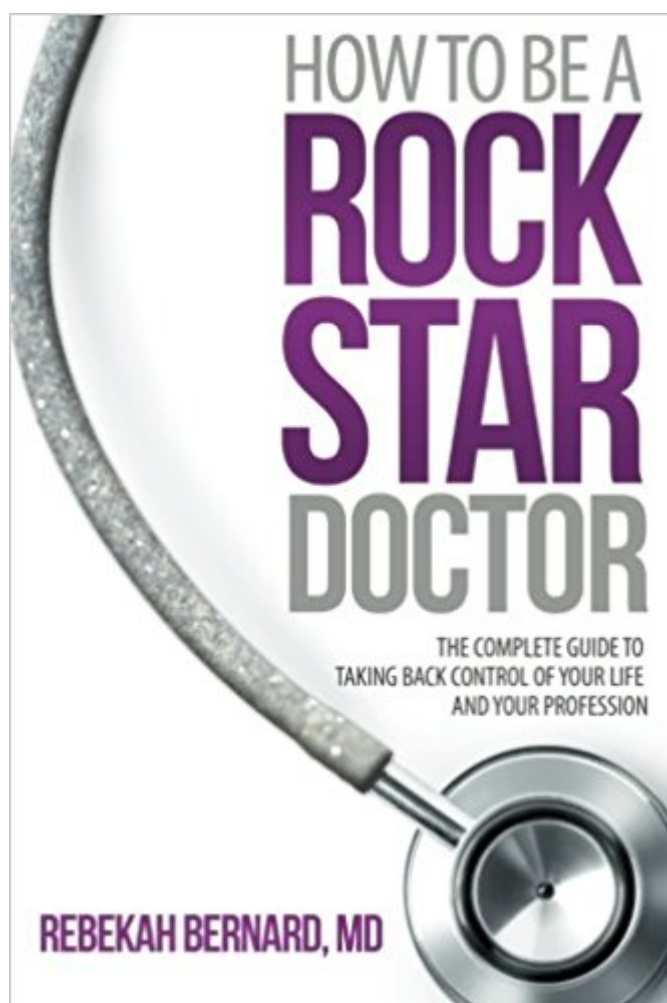


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# How To Be A Rock Star Doctor: The Complete Guide To Taking Back Control Of Your Life And Your Profession



## 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

"This book is loaded with a lot of useful information about communicating with patients and

succeeding as a modern day clinician. Well done!" - Mark Yoffe, MD, The Medical Media Review

"How To Be A Rock Star Doctor" is an easy-to-read primer for young primary care physicians looking to set up their first outpatient practice....Dr. Bernard has opened an interesting discussion about how to handle stress, burnout, and create an excellent therapeutic experience in the midst of a broken healthcare system." -- Dr. Val Jones, GetBetterHealth.com

"Dr. Bernard has done clinic-based physicians a massive favor by providing a blue-print for running a personally fulfilling and financially successful practice. Apply her methods and recapture the joy of practicing medicine on your own terms. New physicians can get a jump-start on their careers by applying her recommendations from the get-go. Highly recommended whether you're feeling burnt out or you just want to avoid becoming so."- James M. Dahle, MD, FACEP, Editor, The White Coat Investor

Named one of the "Top 5 Medical Practice Management Books for Small Practices" - Capterra Medical Software Blog, January 2017

Rebekah Bernard, MD is a Family Physician in private practice in Estero, FL. Dr. Bernard graduated from the University of Florida with a degree in Sociology, and received her medical degree from the University of Miami. She completed her residency at Florida Hospital in Orlando. Dr. Bernard has served as an adjunct professor for the Florida State University College of Medicine and Nova Southeastern University College of Osteopathic Medicine.

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.

Plenty of useful tips! made notes while reading the book

As a practicing rheumatologist the section of being on stage and showing empathy was very useful

As a second year medical student, this was an excellent book to supplement my medical school education. Students in medical school do not learn about the side of the medical profession that this

book details, namely how to actually be a successful practicing physician. This book describes how to handle the day-to-day responsibilities and stressors that come with being a doctor working in a practice, which are not discussed in medical training. This book teaches students both crucial skills and important lessons on how to be a physician who is both respected by her patients and who runs a large, successful practice. This book should be read by all medical students, particularly those who want to go into private practice. I, along with many of my classmates, have concerns regarding how we will be able to manage our work-life balance and how to adapt to the ever-changing healthcare system as doctors. This book addresses those issues, and after reading it I felt a new enthusiasm and optimism for my future career.

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.

Some good tips but somewhat superficial. I was looking for a book that took the "case history" approach. That is, examples of how physicians stay motivated and stimulated; how primary care physicians make time to stay medically current.

The book does give you insightful tips on how to improve your ambulatory practice. I wish he would elaborate more on patient Dr. relationship and how to communicate better. I certainly enjoyed her stories. Most of the rockstar tips apply to and American practice.

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.

I wish I had read this when I started FP 10 years ago. There are some true pearls in this book. Quick, easy read. Would highly recommend it

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