2022 Literature and Health Care additional reading recommendations:

1) **The Master and his Emissary: The Divided Brain and the Making of the Western World** by Lain McGilchrist. Recommended by Hugo Rodier: “‘A pioneering exploration of the differences between the brain’s right and left hemispheres and their effects on society, history, and culture—one of the few contemporary works deserving classic status’ (Nicholas Shakespeare, *The Times*, London) I agree. McGilchrist, the author, is a neuroscientist AND a psychiatrist/philosopher. As such his approach is a compelling balance of the two hemispheres, something that is lacking in our society, and, I dare say, in the healthcare field. Read the book to find out who is The Master and who is the Emissary.”

2) Fr. Susan Sample: *You Can Stop Humming Now: A Doctor’s Stories of Life, Death, and In Between*, Daniela Lamas (critical care doc at Brigham & Women’s Hospital, Harvard faculty): “I’ve always enjoyed reading Daniela Lamas’ essays in *The New York Times*. Before Lamas attended medical school, she worked as medical reporter; her writing is eloquent, her descriptions vivid, and her explanations of medicine, well done. Now, she is a pulmonary and critical care doctor at Brigham & Women’s Hospital and faculty member at Harvard Medical School. In her book, Lamas follows seven patients after they’ve been discharged from the hospital, particularly the ICU where she had cared for them. Lamas wanted to learn “what comes after for those who do not die, whose lives are extended by days, months, or even years as a result of cutting-edge treatments and invasive techniques,” including VAD, ventilators, ECMO, infection control, transplantation, and electric shock. Their stories are all poignant and intimate. What makes them especially compassionate is Lamas’ willingness to share her own vulnerability as a physician who continues to learn from her patients.

3) **Every Day Is a Gift: A Memoir** by Tammy Duckworth. Recommended by Noriko Meek and Linda Carr-Lee Faix: Noriko: “As I read this book, politics never entered my mind. What Tammy Duckworth endured--her devastating war injuries and recovery at The Walter Reed Medical Center, along with her desire to continue to serve the country were very moving to me. She also became a mother at the age when most of us are grandmas! The fact that she could not bring her newborn to the Senate floor was infuriating. I really enjoyed this book.” Linda: “This is a heartwarming and inspiring book full of positive attitude and actions in the face of adversity—refreshing.”

4) Fr. Roger Faix: *I Live a Life Like Yours: A Memoir* by Jan Grue


I recommended this book because of its distinctly first-person perspective re: a chronic condition that dramatically alters how one leads a life but is very often misunderstood by the general population. It is written by a Norwegian academic who was diagnosed (correctly) in childhood with a serious neuromuscular disease (an atypical form of spinal muscular atrophy) that he was informed is often associated with greatly diminished life expectancy (often true, but incorrect in his case). He learns at 30+ years of age (then married with children) that his condition is not always progressive or lethal. Despite that, his affliction clearly affects his abilities and appearance, and his life will never be like that of most others. How he chooses to live his life is the focus.