



TIME to CARE: How to love your patients and your job

Dr Robin Youngson

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In today's beleaguered healthcare system, burdened with epidemic levels of stress, depression and burnout, TIME to CARE offers health professionals the opportunity of renewal. Here are the secrets to building a happy and fulfilling practice, wellbeing and resilience. Youngson bravely relates his own transition, from a detached clinician to a champion for humane whole-patient care; at times poignant, sometimes funny but always brutally honest. TIME to CARE offers a deeply compassionate and insightful account of a health system that is failing both patients and practitioners all over the world. But there's more.... Drawing on advances in neuroscience and positive psychology, and tapping the power of appreciative inquiry, Youngson conveys in clear and simple language how health workers can strengthen their hearts, learn the skills of compassionate caring, and rise above institutional limitations to transform patient care.... and rediscover their vocation. Tipped to become an international best-seller, TIME to CARE is recommended reading for today's health professionals, students, health leaders, patients, and all those passionate about re-humanizing healthcare.

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