**Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine**

David R. Kopacz


_re-humanizing Medicine_ by David R. Kopacz is an incisive reflection on the existing medical practices of an increasingly corporatized world. At the same time, it seeks to teach the medical and health care community how to correct that dehumanized outlook by being more compassionate and holistic.

The book is structured into 5 major sections. The first section outlines the paradigms of contemporary medical practice, citing various examples of dehumanization creeping into the business-oriented model of medical practice. The second section introduces the principles of holistic medicine—healing that integrates the well-being of body, mind, and spirit of an individual. The third part is a comprehensive guide for how to transform oneself into a compassionate and well-rounded individual embodying a deep sense of humanity. The fourth part is an extension of the third, teaching physicians (and others) how to incorporate holistic principles into their own practices. The fifth part is directed towards rehumanizing the entire culture of medicine.

New concepts in holistic medicine are explained vividly with the help of anecdotal references wherever applicable. The self-help sections, dealing with the hows of practicing holistic medicine, have been kept succinct, sometimes listed under bullet points. Throughout the book, the author has given an honest, simple, yet engaging voice to an otherwise complex subject.

Considering the absurdly frenetic pace of modern medical practice, this book does an excellent job of nourishing the soul of practicing physicians first, thereby helping them to regain their humanity. This, in turn, may translate into a more humanized treatment of patients and, ultimately, establish a pathway to a whole new paradigm of medical practice. I particularly liked the many personal reflections and insights that the author shared in this compelling and well-researched treatise on transforming the traditional technology-driven practice of medicine into a more holistic practice.

This book definitely suits the needs of the medical community (physicians, clinicians, nurses, medical students, and other health care providers) with its thoughtful guidance and realistic approach, offering solutions to the existing problems of the frustration-laden, modern-day practice of medicine. It is also an informative and readable book for anyone interested in the evolution of medical practice throughout the ages.

This book helps us to understand, appreciate, and correct the wrongs of modern-day medicine by inspiring us to be more connected—to be more human.

**Reviewer:** Debamita Chatterjee

Debamita is a graduate of the University of Rochester in biomedical sciences. She has written for the University of Rochester Medical Center and journals including _eLife_ and _The Scientist_.

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newborn’s vulnerable intestine. Upon opening, the “putrid stench of dead gut mixed with anaerobic bacteria wafts up through the turbid swirl…the worst possible feeling washes over me—I am not going to be able to save this baby.”

Musemeche is ever cognizant that, although they are not in the operating room with the patient and surgeon, anxious parents are an unseen specter of such cases. “Parents have a unique stake in the health of a child,” Musemeche writes. This triumvirate—the small patient, the pediatric surgeon, and the courageous parents—plays the lead role in this excellent read.

**Reviewer:** William Van Nostran

William Van Nostran is a medical writer in the Rebecca D. Considine Research Institute at Akron Children’s Hospital in Akron, Ohio.