

# Book Listing - ORCD

## Career Development and Mentoring

### **Achieving Xcellence in Science: Role of Professional Societies in Advancing Women in Science**

*Sally Shaywitz, MD and Jong-on Hahm, PhD*

If the world of biomedical research can be likened to a globe, perhaps clinical research can be envisioned as the side facing away from the sun. Although part of the whole, it is not the shining face of biomedical research. But basic and clinical research share equally the responsibility for achieving the goals of biomedical research—improved health and treatment of disease.

This workshop, held July 8–9, 2002, in Washington, D.C., looked at ways to advance women scientists careers in clinical research. Interest in such careers is falling among medical degree recipients, and particularly among women. This situation is worrisome because, according to the Association of American Medical Colleges, women will soon make up the majority of recipients of medical degrees and life science doctorates (according to NSF data), and declining interest from the growing pool of future investigators may constrict our understanding of human disease.

The Office of Research on Women's Health (ORWH) at the National Institutes of Health asked the Committee on Women in Science and Engineering at the National Research Council (NRC) to hold a workshop to explore ways in which scientific societies could enhance the research careers of women scientists, in support of ORWH's ongoing efforts to promote women's advancement in biomedical careers. Scientific societies play a crucial role in career development, and identifying specific strategies that societies could deploy might be very helpful in encouraging women to enter and continue in clinical research careers. This volume consists of the presentations made at the workshop, including remarks by the leaders of the five breakout sessions. The statements made in the enclosed papers are those of the individual presenters and do not necessarily represent positions of the committee or the National Academies.

ORWH has consistently been a leader on this issue, and the committee would like to acknowledge Dr. Vivian Pinn, director of the Office of Research on Women's Health, for her continued support of efforts to advance women in biomedical research careers, and Ms. Joyce Rudick in ORWH for translating the visions into reality. We also would like to acknowledge Dr. Jong-on Hahm, Amaliya Jurta, and Elizabeth Briggs Huthnance of the Committee on Women in Science and Engineering, for their energetic efforts and commitment in bringing this workshop and the resulting proceedings to fruition.

This volume has been reviewed in draft form by individuals chosen for their diverse perspectives and technical expertise, in accordance with procedures approved by the NRC's Report Review Committee. The purpose of this independent review is to provide candid and critical comments that will assist the institution in making its published report as sound as possible and to ensure that the report meets institutional standards for quality. The review comments and draft manuscript remain confidential to protect the integrity of the process.

We wish to thank the following individuals for their review of this volume: Veronica Catanese, New York University Medical Center; Adrian Dobs, Johns Hopkins University; Elaine Gallin, Doris Duke Charitable Foundation; John Lumpkin, Robert Wood Johnson Foundation; Joan Lunney, United States Department of Agriculture; Christine Seidman, Harvard Medical School; and Harold Slavkin, University of Southern California.

Although the reviewers listed above have provided constructive comments and suggestions, they were not asked to endorse the content of the individual papers. Responsibility for the final content of the papers rests with the individual authors.

Sally Shaywitz, Chair  
Steering Committee for AXXS 2002 Worksho

**Published in 2004**

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**At the Helm: A Laboratory Navigator**

*Kathy Barker*

Newly appointed principal research investigators have to recruit, motivate, and lead a research team, manage personnel and institutional responsibilities, and compete for funding, while maintaining the outstanding scientific record that got them their position in the first place. Small wonder, then, that many principal investigators feel ill-prepared. In this book, a successor to her best-selling manual for new recruits to experimental science, *At the Bench*, Kathy Barker provides a guide for newly appointed leaders of research teams, and those who aspire to that role. With extensive use of interviews and a text enlivened with quotes and real-life examples, Dr. Barker discusses a wide range of management challenges and the skills that promote success. Her book is a unique and much-needed contribution to the literature of science.

**Published in**

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**Fifth Discipline: The Art & Practice of the Learning Organization (audio), The**

*Peter M. Senge*

“Forget your old, tired ideas about leadership. The most successful corporation...will be something called a learning organization.” - Forbes Magazine

Peter Senge’s groundbreaking ideas on building organizations have made him a household name amongst corporate managers. His theories help businesses to clarify their goals, to defy the odds, to more clearly understand threats, and to recognize new opportunities. He introduces managers to a new source of competitive advantage, and offers a marvelously empowering approach to work.

Mastery of Senge’s five disciplines enables managers to overcome their obstacles to growth and create brave new futures for them and their companies. The five disciplines are drawn from science, spiritual wisdom, psychology, the cutting edge of management thought, and Senge’s own work with top corporations that employ his methods. The Fifth Discipline provides a searching personal experience and a dramatic professional shift of mind.

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**Published in**

*Kay Herr Gillespie*

Gillespie (professor emerita, Colorado State University) presents contributions on setting up a faculty development program, assessing teacher practices, practical strategies, reaching specific audiences, addressing diversity, and creating faculty development committees in this resource for faculty developers and administrators interested in promoting and sustaining faculty development. Annotation ©2003 Book News, Inc., Portland, OR

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**Published in**

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**How to Supervise People: Techniques for Getting Results Through Others**

*Donald P. Ladew*

You could be the world's greatest supervisor if only your employees would cooperate! There's nothing more challenging than trying to achieve your goals through others. You have to be a manager, a psychologist and a den leader all in one.

Now effective leadership is within your reach, with this step-by-step guide. Inspire others to perform with pride...delegate effectively and watch productivity climb. Get people to take ownership of their jobs so you can devote your time to the big picture.

You'll use this handy desk reference every day to lead your team to success. It's filled with powerful leadership strategies:

- How to be a role model for saving time and money
- Making decisions that lead to positive action
- Understanding people's motivation and melting their resistance
- How to make your meetings more effective – and less frequent
- Building productivity through team effort
- Turning difficult employees into star performers

The 60-Minute Training Series™ delivers concise information presented in an interactive format to train your team or you individually. This unique series addresses a wide array of topics, including leadership skills, communication, productivity and lifestyle issues. This series is a smart investment for today's professional committed to lifelong learning.

All of the handbooks in the 60-Minute Training Series™ provide information and valuable tips that you can put to use immediately.

As always, you receive our 100% Satisfaction Guarantee – Forever!

**Published in**

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**Leading Minds: An Anatomy of Leadership (copy 1)**

*Howard Gardner with collaboration of Emma Laskin*

Leading Minds addresses a crucial and often ignored component of leadership -- the mind. What distinguishes the mind of an effective leader, and what is the mentality of his or her followers? Gardner links the study of creativity with the study of leadership to demonstrate the many similarities between traditional creators (artists and scientists) and leaders in business, politics and the military. He argues that the key to leadership is the creation of an arresting story -- one that grabs the followers' attention and inspires them to greater efforts. In portraits of a wide range of leaders -- from Oppenheimer to Gandhi -- Gardner re-creates each of their stories, shows where each fits in the matrix of "leader archetypes", and reveals the ways in which they ultimately succeed or fail.

**Published in**

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**Manager's Pocket Guide to Effective Mentoring, The (copy 1)**

*Dr. Norman Cohen*

The Manager's Pocket Guide to Effective Mentoring is a practical reference in a format that provides quick access to the important concepts and techniques of a powerful one-to-one learning model. This book is convenient and comprehensive, offering valuable, pragmatic guidance that mentors can use in assisting mentees to:

- Participate in constructive interpersonal dialogues during the mentoring experience
- Map out attainable personal and professional goals
- Analyze problems, formulate realistic solutions, and make constructive decisions
- Plan workable strategies for promoting career, training, and educational development
- Initiate positive actions to achieve stated objectives

This guide presents an expanded view of the behavioral expertise required of today's mentors who are faced with the challenge of establishing and sustaining mentoring relationships within more complex workplace, academic, and social environments.

**Published in**

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**Mentee's Guide to Mentoring, The (copy 1)**

*Dr. Norman H. Cohen*

This useful book offers practical guidance in the art of establishing productive interpersonal communication with mentors. The Guide is divided into fifteen sections. Each section contains concise information about an important facet of the mentoring experience.

**Published in**

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## **Mentoring: Confidence in Finding a Mentor and Becoming One**

*Bobb Biehl*

How can you pass a treasury of knowledge on to someone who will carry your vision forward?  
How can you reap the benefits of a lifetime of experience at the start of your career?  
Want to become a mentor? Find a mentor? Here's where to start!

Mentoring is not some mysterious process carried on at lofty levels between a perfect mentor and an astonishingly gifted protégé. It's a valuable system for passing down specialized skills, nuances, and traditions that almost anyone can benefit from.

In *Mentoring*, Bobb Biehl explains clearly and completely what mentors do and don't do, the nature of the mentor/protégé relationship, the most common roadblocks to effective mentoring, and much more to help you succeed in being a mentor or finding one.

### **Published in**

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## **Tempered Radicals: How People Use Difference to Inspire Change at Work**

*Debra E. Meyerson*

Nearly all of us feel at odds with the organizations we work for at one time or another. Managers who are also parents struggle to succeed-and be there for their families-in companies that don't offer flextime. Women and people of color want to make their organizations better for others like themselves-without limiting their own career paths. Environmentally conscious workers seek to act on their values and climb the executive ladder at firms more concerned with profits than pollution.

While many who don't "fit in" with the corporate culture choose to assimilate or leave, *Tempered Radicals* offers an inspiring alternative. In this provocative book, Debra Meyerson argues that this tension-between expressing our "whole selves" and building careers in companies that leave little room for differences-can pave the way for learning, leadership, and positive change in organizations.

Based on fifteen years of research and observation, *Tempered Radicals* reveals that adaptive, diverse, family-friendly, and socially responsible workplaces are built not by revolutionaries but by those she calls "tempered radicals"-people who successfully walk the tightrope between conformity and rebellion. Whereas "untempered" radicals use drama and heroics to effect change, these individuals work toward transformational ends with incremental means; whereas radicals lead episodically, tempered radicals lead every day-with conviction, patience, and courage.

Through stories of tempered radicals from doctors to teachers to CEOs to entrepreneurs, Meyerson illustrates how these "everyday leaders" stick to their values, assert their agendas, and provoke learning and change without jeopardizing hard-won careers. Whether one's difference stems from race, gender, sexual orientation, values, beliefs, or social perspectives, the book presents a spectrum of effective responses to the pressure to conform that range from resisting quietly to leveraging "small wins" to mobilizing others in legitimate but powerful ways.

Putting self-realization and change within everyone's reach, this book shows how to turn threats to our identities into opportunities to make a positive difference in our companies and in the world.

### **Published in**

*Sandra Chadwick-Blossey and Douglas Reimondo*

An annual publication of the Professional and Organizational Development Network in Higher Education (POD), To Improve the Academy offers a resource for improvement in higher education to faculty and instructional development staff, department chairs, faculty, deans, student services staff, chief academic officers, and educational consultants.

Sandra Chadwick-Blossey is director of the Christian A. Johnson Institute for Effective Teaching at Rollins College. Douglas Reimondo Robertson is director of the Teaching and Learning Center at Eastern Kentucky University.

Contents include:

- Transforming the environment for learning
- The expanding role of academic support centers
- Creating a culture of assessment
- Faculty development through the eyes of SoTL scholars
- The roles of teaching and learning centers
- The quality of life of faculty development professionals
- Faculty strategies for creating equitable work environments
- A program for faculty renewal
- An investigation of faculty vitality within the context of the community college
- Course and departmental assessment results as a faculty development tool
- Creating an integrated data system for teaching centers
- Achieving a campus consensus on learning-centered teaching
- Improving teaching and learning by cultivating a community of practice
- A faculty development program to promote engaged classroom dialogue
- The unwritten challenges of service-learning
- Junior faculty participation in curricular change
- Assessing the academic and professional development needs of graduate students
- Faculty development in community colleges
- Providing for the development needs of part-time faculty
- Promoting a sound process for teaching awards programs

**Published in**

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## **General Academic & Lab Resources**

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### **Academic Scientists at Work: Navigating the Biomedical Research Career**

*Jeremy M. Boss and Susan H. Eckert*

Academic Scientists at Work guides the scientist on the journey from the end of a postdoctoral career to the point of promotion to Associate Professor. The book includes valuable advice on: -Choosing and getting your ideal academic job; -Setting up and effectively managing the lab; -Obtaining funds; -Teaching and mentoring; -The promotion and tenure process. Also offered are template worksheets and point-by-point instructions on how to complete them, with downloadable blank worksheet versions contained in the accompanying CD-ROM. Included are six database program files that can be used to help the reader organize his/her laboratory specific reagents. Academic Scientists at Work is a valuable resource for the Career Scientist who demands and expects the best.

**Published in 2006**

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**At the Bench: A Laboratory Navigator**

*Kathy Barker*

At the Bench is the unique and hugely successful handbook for living and working in the laboratory, an essential aid to understanding basic lab techniques and how research groups work at a human level. In this newly revised edition, chapters have been rewritten to accommodate the impact of computer technology and the Internet, not only on the acquisition and analysis of data, but also on its organization and presentation. Alternatives to the use of radiation have been expanded, and figures and illustrations have been redrawn to reflect changes in laboratory equipment and procedures.

**Published in 2004**

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**Handbook of Academic Medicine: How Medical Schools and Teaching Hospitals Work**

*the Association of American Medical Colleges (AAMC)*

**Published in**

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**Grant & Scientific Writing**

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**Getting Science Grants: Effective Strategies for Funding Success**

*Thomas R. Blackburn*

Getting Science Grants is your hands-on guide to writing compelling proposals that will attract funding. Written by Thomas Blackburn-- a scientist, experienced grantmaker, and consultant<sup>3/4</sup>this book provides a step-by-step process for writing grants to support your research projects. Getting Science Grants offers you an insider's look at the motivations and inner workings of the scientific grantmaking community. No matter what your scientific discipline, Getting Science Grants will help you develop the skills you need to write dynamic proposals and

- Learn the qualities that distinguish outstanding proposals
- Write each section of the proposal clearly and persuasively
- Choose the funding agencies that will give you the best chance of winning support
- Avoid common pitfalls and mistakes when writing proposals
- Develop productive relationships with funders
- Reduce the chances of being turned down by funders
- Succeed after securing your grant

**AUTHOR BIO:** Thomas R. Blackburn--scientist, author, and experienced grantmaker--is a grantseeking consultant who also teaches workshops for the American Chemical Society and other scholarly meetings. He taught chemistry and geosciences for thirty years before joining the American Chemical Society Petroleum Research Fund as assistant program administrator and senior program officer.

**Published in 2003**

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## **Guide to Effective Grant Writing: How to Write a Successful NIH Grant Application**

*Otto O. Yang*

Guide to Effective Grant Writing: How to Write a Successful NIH Grant is written to help the 100,000+ post-graduate students and professionals who need to write effective proposals for grants. There is little or no formal teaching about the process of writing grants for NIH, and many grant applications are rejected due to poor writing and weak formulation of ideas. Procuring grant funding is the central key to survival for any academic researcher in the biological sciences; thus, being able to write a proposal that effectively illustrates one's ideas is essential. Covering all aspects of the proposal process, from the most basic questions about form and style to the task of seeking funding, this volume offers clear advice backed up with excellent examples. Included are a number of specimen proposals to help shed light on the important issues surrounding the writing of proposals. The Guide is a clear, straight-forward, and reader-friendly tool.

Guide to Effective Grant Writing: How to Write a Successful NIH Grant Writing is based on Dr. Yang's extensive experience serving on NIH grant review panels; it covers the common mistakes and problems he routinely witnesses while reviewing grants.

**Published in 2005**

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## **How To Write a REALLY Bad Grant Application (and Other Helpful Advice for Scientists)**

*Lloyd Fricker, PhD*

Many people think that they do not need a book on "how to write a really bad grant application"- they already know how. Actually, this book is intended as a guide to writing grant applications that will get funded. One way to write a good grant application is to avoid writing a bad one. This book analyzes "bad" scientific grant applications from a humorous perspective. There are also some sections on obtaining funding from private foundations and industry, and a few parts that are pure silliness. All pieces in this book are original and are either fiction (the humor pieces) or non-fiction (the serious advice). The reader will hopefully be able to tell the two apart.

**Published in**

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## Research Proposals: A Guide to Success, 3rd Edition

*Thomas E. Ogden, Israel A. Goldberg*

This third edition of the classic "how-to" guide incorporates recent changes in policies and procedures of the NIH, with particular emphasis on the role of the Internet in the research proposal process. Completely revised and updated, it reveals the secrets of success used by seasoned investigators, and directs the reader through the maze of NIH bureaucracies. In addition to providing a detailed overview of the entire review process, the book also includes hundreds of tips on how to enhance proposals, excerpts from real proposals, and extensive Internet references. This book is essential to all scientists involved in the grant writing process.

### Key Features:

- \* Considers the reviewer's perspective
- \* Detailed presentation of the review process
- \* All sections of the R01 proposal are reviewed
- \* Hundreds of tips to enhance proposals
- \* Includes the many recent changes in NIH policies
- \* Includes many excerpts from real proposals
- \* Provides extensive Internet references

### Benefits:

- \* Increased competitiveness
- \* Better priority scores
- \* Less chance of triage
- \* Increased award rates
- \* Uses the system to advantage
- \* Reveals strategies used by the "old pros"

A classic 'how-to' guide incorporates recent changes in policies and procedures of the National Institutes of Health (NIH), with particular emphasis on the role of the Internet in the research proposal process. Reveals the secrets of success used by seasoned investigators, and directs the reader through the maze of NIH bureaucracies.

### Published in

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## Scientific Papers and Presentations

*Martha Davis*

For the second edition of SCIENTIFIC PAPERS AND PRESENTATIONS the text has been completely overhauled with references updated and new materials and new approaches incorporated into every chapter. A new chapter has been added dealing with communication issues of international students.

Communication skills are among the qualities most prized by those who hire and promote scientists. A few of the benefits of this book include:

- \* Improving your skills for employability
- \* Increasing your confidence in oral communication
- \* Producing a thesis / journal article / proposal / review
- \* Making your visual aids and presentations more effective
- \* Constructing posters for scientific meetings

Convenient, easy-to-use chapters and written in a conversational tone, this book provides practical instruction for

- Designing visual aids
- Writing first drafts
- Reviewing and revising
- Communicating clearly and concisely
- Adhering to stylistic principles
- Presenting data in tables and figures
- Dealing with ethical and legal issues
- Relating science to the lay audience

### Audience:

Scientific Papers and Presentations is an essential guide for all science graduates but especially those involved in Biology, Agriculture, Chemistry, Engineering or Health Sciences. The book can be used as a text for courses and seminars, plus it is also a valuable handy reference for anyone working in a scientific field.

### Published in

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## **Successful Scientific Writing: A Step-By-Step Guide for Biomedical Scientists**

*Janice R. Matthews, John M. Bowen, and Robert W. Matthews*

This new edition of the acclaimed step-by-step guide encompasses all aspects of typescript preparation from first to final draft, including efficient use of word processing, electronic database literature services, the Internet, and email. The authors provide sensible advice on inclusive word choices and communication for writers and readers of different first languages. Abundant examples, practical tips, and self-help exercises draw on extensive experience with actual typescripts. In addition, a detailed index and numerous references make information easy to find. Applicable to a variety of scientific writing contexts, *Successful Scientific Writing* is a powerful tool for improving individual skills, as well as an eminently suitable text for classes or seminars on scientific writing.

**Published in 2001**

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## **Writing Clinical Research Protocols: Ethical Considerations**

*Evan Derenzo, Joel Moss*

This highly engaging guide for clinical researchers provides a foundation for improving skills in the understanding of ethical requirements in the design and conduct of clinical research. It includes practical information on ethical principles in clinical research, designing appropriate research studies, writing consent and assent documents, getting protocols approved, special populations, confidentiality issues, and the reporting of adverse events. A valuable appendix includes a listing of web resources about research ethics as well as a glossary. This will be an invaluable resource for basic scientists collaborating in clinical trials, physician investigators, clinical research fellows, research nurse coordinators, residents, and anyone who wants a better understanding of the clinical trials process.

- \* Walks investigators and trainees through identification of the ethical aspects of each section of a clinical research protocol
- \* Includes a chapter containing Case Histories
- \* Contains information on conducting clinical research within the pharmaceutical industry
- \* An appendix includes internet resources and world wide web addresses for important research ethics documents and regulations
- \* Chapter on 'Study Design and Methodology' purposely expanded to explicitly address biostatistical considerations

**Published in**

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## **Job Search & Alternative Careers**

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### **Academic Job Search Handbook (3rd edition), The**

*Mary Morris Heiberger and Julia Miller Vick*

The Academic Job Search Handbook provides specific advice on all aspects of job-seeking in an increasingly tight academic market, from the appropriate timetable for the application process, to illegal or odd interview questions, to negotiating offers, starting a new job, seeking tenure, and everything in between. New information in the third edition includes more examples and advice for candidates in scientific and technical fields, as well as more references for those applying for adjunct positions and to community colleges. A new chapter and some of the all-new sample written materials reflect the reality that many new Ph.D.s are considering career options outside academia. The sample materials also include more examples of the "teaching philosophies" now commonly asked for in job ads. This edition offers expanded information on internet search methods and more examples of useful websites.

**Published in 2001**

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## **Alternative Careers in Science: Leaving the Ivory Tower**

*Cynthia Robbins-Roth*

Many science students find themselves in the midst of graduate school or sitting at a lab bench, and realize that they hate lab work! Even worse is realizing that they may love science, but science (at least academic science) is not providing many job opportunities these days. What's a poor researcher to do !?

This book gives first-hand descriptions of the evolution of a band of hardy scientists out of the lab and into just about every career you can imagine. Researchers from every branch of science found their way into finance, public relations, consulting, business development, journalism, and more - and thrived there! Each author tells their personal story, including descriptions of their career path, a typical day, where to find information on their job, opportunities to career growth, and more. This is a must-read for every science major, and everyone who is looking for a way to break out of their career rut.

- \* An insider's look at the wide range of job opportunities for scientists yearning to leave the lab
- \* First-person stories from researchers who successfully made the leap from science into finance, journalism, law, public policy, and more.
- \* Tips on how to track down and get that job in a new industry
- \* Typical day scenarios for each career track
- \* List of resources (websites, associations, etc.) to help you in your search
- \* Completely revised, this latest edition includes six entirely new chapters

**Published in 2005**

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## **Leaving Science: Occupational Exit from Scientific Careers**

*Anne E. Preston*

The past 30 years have witnessed a dramatic decline in the number of U.S. students pursuing advanced degrees in science and an equally dramatic increase in the number of professionals leaving scientific careers. "Leaving Science" provides the first significant examination of this worrisome new trend. Economist Anne E. Preston examines a wide range of important questions: Why do professionals who have invested extensive time and money on a rigorous scientific education leave the field? Where do these scientists go and what do they do? What policies might aid in retaining and improving the quality of life for science personnel? Based on data from a large national survey of nearly 1,700 people who received university degrees in the natural sciences or engineering between 1965 and 1990 and a subsequent in-depth follow-up survey, "Leaving Science" provides a comprehensive portrait of the career trajectories of men and women who have earned science degrees. Alarming, by the end of the follow-up survey, only 51 percent of the original respondents were still working in science. During this time, federal funding for scientific research decreased dramatically relative to private funding. Consequently, the direction of scientific research has increasingly been dictated by market forces, and many scientists have left academic research for income and opportunity in business and industry. Preston identifies the main reasons for people leaving scientific careers as dissatisfaction with compensation and career advancement, difficulties balancing family and career responsibilities, and changing professional interests. Highlighting the difference between male and female exit patterns, Preston shows that most men left because they found scientific salaries low relative to perceived alternatives in other fields, while most women left scientific careers in response to feelings of alienation due to lack of career guidance, difficulty relating to their work, and insufficient time for their family obligations.

"Leaving Science" contains a unique blend of rigorous statistical analysis with voices of individual scientists, ensuring a rich and detailed understanding of an issue with profound consequences for the nation's future. A better understanding of why professionals leave science can help lead to changes in scientific education and occupations and make the scientific workplace more attractive and hospitable to career men and women.

**Published in**

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**PhD Is Not Enough: A Guide to Survival in Science, A**

*Peter J. Feibelman*

Offers sound advice on selecting a thesis or postdoctoral adviser, choosing among research jobs in academia, government laboratories, and industry, preparing for an employment interview, and defining a research program. DLC: Science - Vocational guidance.

**Published in 1994**

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**Work-Life and Parenting**

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**Another Day in the Frontal Lobe: A Brain Surgeon Exposes Life on the Inside**

*Katrina Firlik*

Katrina Firlik is a neurosurgeon, one of only two hundred or so women among the alpha males who dominate this high-pressure, high-prestige medical specialty. She is also a superbly gifted writer-witty, insightful, at once deeply humane and refreshingly wry. In *Another Day in the Frontal Lobe*, Dr. Firlik draws on this rare combination to create a neurosurgeon's Kitchen Confidential—a unique insider's memoir of a fascinating profession.

Neurosurgeons are renowned for their big egos and aggressive self-confidence, and Dr. Firlik confirms that timidity is indeed rare in the field. "They're the kids who never lost at musical chairs," she writes. A brain surgeon is not only a highly trained scientist and clinician but also a mechanic who of necessity develops an intimate, hands-on familiarity with the gray matter inside our skulls. It's the balance between cutting-edge medical technology and manual dexterity, between instinct and expertise, that Firlik finds so appealing—and so difficult to master.

Firlik recounts how her background as a surgeon's daughter with a strong stomach and a keen interest in the brain led her to this rarefied specialty, and she describes her challenging, atypical trek from medical student to fully qualified surgeon. Among Firlik's more memorable cases: a young roofer who walked into the hospital with a three-inch-long barbed nail driven into his forehead, the result of an accident with his partner's nail gun, and a sweet little seven-year-old boy whose untreated earache had become a raging, potentially fatal infection of the brain lining.

From OR theatrics to thorny ethical questions, from the surprisingly primitive tools in a neurosurgeon's kit to glimpses of future techniques like the "brain lift," Firlik cracks open medicine's most prestigious and secretive specialty. Candid, smart, clear-eyed, and unfailingly engaging, *Another Day in the Frontal Lobe* is a mesmerizing behind-the-scenes glimpse into a world of incredible competition and incalculable rewards.

**Published in**

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## **Raising An Emotionally Healthy Child When a Parent is Sick**

*Paula A. Rauch,MD and Anna C. Muriel, MD MPH*

For families with a seriously ill parent--advice on helping your children cope from two leading Harvard psychiatrists Based on a Massachusetts General Hospital program, Raising an Emotionally Healthy Child When a Parent is Sick covers how you can address children's concerns when a parent is seriously ill, how to determine how children with different temperaments are really feeling and how to draw them out, ways to ensure the child's financial and emotional security and reassure the child that he or she will be taken care of.

### **Published in**

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#### **Standing Up for Yourself:The Art of Self-Assertion**

*Johanna Skouras*

"The foundation for self-assertion rests upon an awareness of two fundamental rights: the right to anger and the right to pleasure. Without conviction of these rights, self-assertive efforts may be compromised because anger, unacknowledged and unexpressed, is lurking under the cloak of resignation and passivity. You feel angry when you can't say no and know you should be saying no. Instead of expressing how you feel, you go and blame others for what you fail to do.

Once you judge your feelings, especially your negative ones, you get into serious trouble. Feelings exist without a right or wrong, good or bad label. Only our actions come up for judgement for whatever you plan to say or do most often involves another's feelings, needs and rights. Weighing the consequences of your feelings belongs to a pathological side, an inner critic – usually a parent figure you dare not challenge or ignore."

--From Standing Up For Yourself

### **Published in**