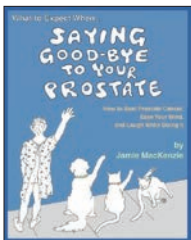


Advanced Practitioners' Favorite Books: Part III

THE EDITORS OF *JADPRO*

In our popular series, the Editors of JADPRO share their current picks of thought-provoking, captivating reads. Read a history of genes by Pulitzer Prize-winning author Siddhartha Mukherjee, or a book about why one gene, p53, is the most studied single gene in history. Delve into a historical fiction on the dilemmas of an RN during WWI or an emotional, investigative memoir of a woman who's left with hundreds of thousands of dollars of medical bills after her husband's cancer diagnosis. We hope you enjoy our picks—we definitely enjoy sharing and talking about these books.



What to Expect When... Saying Goodbye to Your Prostate: How to Beat Prostate Cancer, Ease Your Mind, and Laugh While Doing It

Jamie MacKenzie & Lisa Schwartz (CreateSpace Publishing, 2013)

There is nothing funny about prostate cancer, but this book presents prostate cancer diagnosis and treatment from the patient perspective in both an informative and entertaining manner. A great deal of both practical and sensible information is shared. Beginning with diagnosis and treatment, MacKenzie shares his experiences, providing information that may not often be discussed by clinicians. It's an easy book to review and reference if you know a man with prostate cancer who is looking for information from the patient perspective.



Fatal Decision: Edith Cavell, WWI Nurse

Terri Arthur (HenschelHAUS Publishing, Inc, 2014)

This book chronicles the work of an English woman who, inspired by the work of Florence Nightingale to establish nursing as a profession, became a nurse and subsequently established the first school of nursing in Belgium. As the school begins to flourish, World War I begins and Cavell is faced with a decision to aid injured allies as a Red Cross nurse. Winner of the 2015 Midwest Book Award for Historical Fiction and based on historical fact, it is a fascinating story of both the early years of nursing as a profession, but also how the individuals affected by the first World War dealt with its devastating impact. The decisions made by both Edith Cavell and her colleagues impacted the war in both surprising and far-reaching ways.

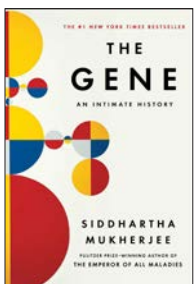


8 Keys to Eliminating Passive-Aggressiveness

Andrea Brandt (WW Norton & Company, 2013)

Passive-aggressiveness is a familiar term frequently used to describe behaviors that may be difficult to deal with. How many times have you seen it as a coping mechanism in work colleagues, family, friends, and even yourself? This book does a nice job of not only describing the underlying issues associated with why passive-aggressiveness is a difficult and complex behavior, but also clearly outlining how best to deal with passive-aggressive behaviors. The author describes the root cause of passive-aggressive behavior in a compassionate manner, facilitating a willingness to relook at difficult work or personal relationships in a more positive, workable light.

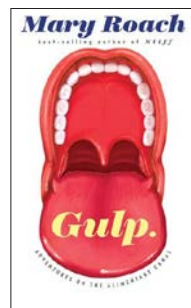
p53 is responsible for protecting us from cancer, but in some patients the gene functions incorrectly and can cause cancer instead of preventing it. The author describes the science in detail, and the discussions of rare mutations occurring in families are especially arresting. Advanced practitioners are becoming well versed in gene-specific therapies, and this history of how researchers “cracked” the code for p53 is an interesting tale.



The Gene

Siddhartha Mukherjee (Scribner, 2016)

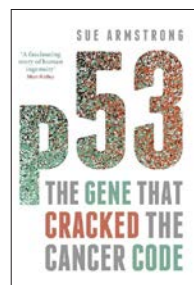
Author Siddhartha Mukherjee deservedly won the Pulitzer Prize for *The Emperor of All Maladies*, an incredible book detailing the history of cancer. Now he’s unraveling the history of the gene and the myriad of possibilities when our genetic information might be manipulated to serve our health purposes. Dr. Mukherjee is wonderfully skilled at breaking down very complex information into digestible bites and anecdotes, using his own family and patient experiences to illustrate the extraordinary history of our genes.



Gulp: Adventures on the Alimentary Canal

Mary Roach (WW Norton & Company, 2014)

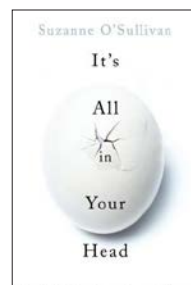
Have you ever wanted to learn every detail regarding our gastrointestinal tract? If so, Mary Roach’s *Gulp* is for you! Ms. Roach has explored different scientific aspects of life before, and this book takes the subject of our alimentary tract and describes in detail a myriad of strange details regarding the journey between food entering our mouths to the expulsion of unnecessary waste. Mary Roach loves the unusual aspects of science and is not shy about getting to the gritty details in an entirely humorous way.



p53: The Gene That Cracked the Cancer Code

Sue Armstrong (Bloomsbury Publishing, 2015)

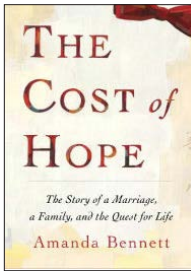
For those readers who want a thorough review of gene p53, try exploring *p53: The Gene That Cracked the Cancer Code*.



It's All in Your Head: True Stories of Imaginary Illness

Suzanne O'Sullivan (Chatto & Windus, 2015)

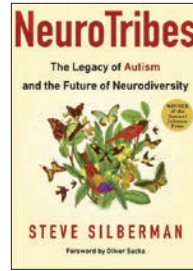
This fascinating book presents a focused look at the range of debilitating illnesses that are medically unexplained. We all exhibit physical responses to emotion—from blushing and laughter to palpitations and stomach ache—yet sometimes these expressions can be much more debilitating, causing seizures, paralysis and even blindness, and the stigmatization associated with such a diagnosis is profound.



The Cost of Hope: A Memoir

Amanda Bennett (Random House, 2012)

In *The Cost of Hope: A Memoir*, Amanda Bennett, a Pulitzer Prize-winning journalist, puts her investigative skills at work on a heartbreakingly personal case: comprehending the medical and financial information from her husband's journey with cancer. After seven years of treatment totaling \$618,616, including 76 CAT scans, hospice care stays, and colon and kidney extractions, Amanda Bennett's quest to understand costs in the American health care system is an eye-opening tale of illness, marriage, and love.



NeuroTribes: The Legacy of Autism and the Future of Neurodiversity

Steve Silberman (Allen & Unwin, 2015)

A riveting discussion of the current debate around "neurodiversity," Silberman's book provides an in-depth account of early autism discovery and research. With a refreshing mix of humor and sensitivity, this carefully researched book gives insight into how medicine and politics intertwine to define illness and treatment, and the unavoidable roadblocks that this puts in the way of illuminating truths.