



My Own Medicine: A Doctor's Life as a Patient

Geoffrey Kurland

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From mortal illness to miraculous recovery, a doctor's moving account of his own experience as a patient

At forty-two, Geoffrey Kurland, a pediatric pulmonologist specializing in such deadly diseases as cystic fibrosis, was diagnosed with hairy cell leukemia, a rare cancer with a statistically low survival rate. A remarkably fit man in training for 100-mile "extreme" races whose job is equally high performance, he is forced to confront the challenge of his own mortality. He tries to cope by turning inward in a desperate search for ever-elusive answers. As the doctor becomes a patient and lives through the terror and pain that he had until then only observed at a remove in his young patients, he learns invaluable life lessons that will ultimately make him a better doctor.

This is Kurland's memoir of his diagnosis, treatment, and return to health and "normal" life-an unforgettable testament to the resilience of the human spirit.

My Own Medicine: A Doctor's Life as a Patient Details

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Author : Geoffrey Kurland

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From Reader Review My Own Medicine: A Doctor's Life as a Patient for online ebook

Julia says

The main interest in this book is in reading about a doctor's experience of being a patient when, as a pulmonary specialist, he is diagnosed with a pulmonary illness (and with leukemia). Satisfying in an "aha! now you know what we patients put up with" kind of a way.

Joyce Williams says

Basically a good read,especially if you are interested in medical stories

I found the book very riveting as Dr Kurland struggled to beat his cancer. There were some places that were too wordy, but all in all it was a good read.

barbara burley says

A doctor's life

Not a bad book..it had a very abrupt ending though..kinda left me hanging. I wanted to know if he eventually married Karin but it didn't say

Deborah says

The tables are turned on this physician -- he becomes the patient with a very serious disease. One of the best books I have read written by an MD. I really liked it.

Linda says

Interesting story of a young doctor's battle with a rare disease that almost killed him; and, how he reacted to being a patient. He did a lot of soul searching during his ordeal, but I was not convinced at the end of the book that he had changed for the better. He healed physically, but I was left wondering about him spiritually. Well written and very interesting.

Deb says

I enjoyed this book about an ultramarathon running physician who is diagnosed with leukemia...and I want to know what happens next!

Julie says

Survival

What a wonderful doctor, who chooses to tell his story, to help others who face the same problems, and find a way to overcome their challenges in their lives.

Thank you. Doctor Kurland.

Yours Sincerely.

Julie Beecham

Robert Saul says

I heard Dr. Kurland give a talk about his journey. Very enjoyable read.

Sue Meub says

Review of book

I liked this book ... in part because UC Davis and Sac Medical Center were where I had my training .. it was easy to put my psyche back to those happy days .. I think the author described his joy as well as his angst at his diagnosis and how his treatment affected so many elements of his life .. I finished before I was ready, wanting to read more about his career as well as his private life ... where is the sequel when you want it ??? I'd recommend this book to adult friends I chose this rating because I wanted to read more ... and that is almost always a good thing !

Patricia says

This author is Ellen Hussey/s brother. Very interesting. What a guy!

Vicki says

Geoff Kurland, a physician and a runner, was diagnosed with cancer in his early 40s. This book, which I would consider creative non-fiction, is the story of his journey through illness, diagnosis, and treatment. And running.

The writing is clear and, although it is written so that a layperson could understand it, the author did not talk down to his audience. The story flows and, at the end, you have an understanding of what it might be like to undergo this experience. I also found myself with a strong urge to buy a pair of running shoes.

I will say that I trained under Dr. Kurland, though I have had no contact with him since I last referred a patient to him in 1998. While that certainly affected the experience of reading the book, I do not believe it skewed my review.

Roy says

A heart-wrenching and heart-warming true-life story by a good friend and colleague of mine. I recommend this to all.

Mariana says

Doctor kurland is the doctor who specialized in my care after my double lung transplant. He is not only an amazing man who has made my treatment bearable but an amazing writer. I know when I am to see him he will always have a bad joke ready for me. He is someone I myself regard highly. 10/10 would recommend reading if you enjoy memoirs that will keep you turning the page constantly.

Rick Shafer says

Enjoyed the book - seeing medical care through the eyes of a doctor needing that care. As someone who enjoys running, I appreciated that connection too.

Tienie says

Very good to read. From a different perspective! Inspiring book.
