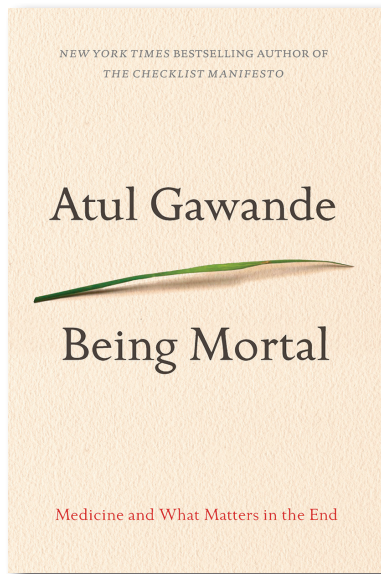


Medical Science



new titles for 2016



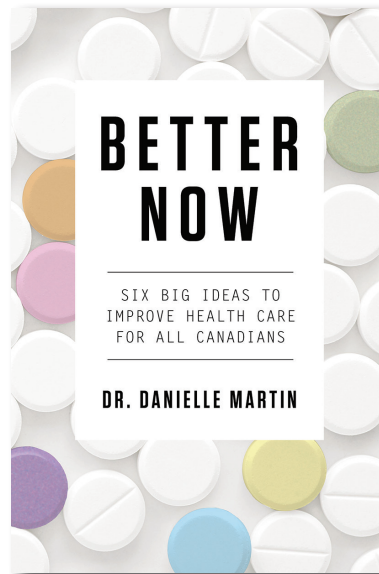


ATUL GAWANDE
Being Mortal



Being Mortal looks at the way modern medicine has changed the experience of dying, what the implications of this change are for each of us, and what we would need to do to change a system that knows a lot about prolonging life but little about tending to death. At the heart of this book is something larger and more lasting than even its agenda for how to effect change: it is a deeply humane portrayal of how our society copes with who we really are. We are not economic beings. We are not political beings. We are not digital beings or analog beings, social beings or solitary beings. We are mortal beings. And in that is every important thing to know about how we must live.

Doubleday Canada, TR, 304 PP, 9780385677028, \$21.00

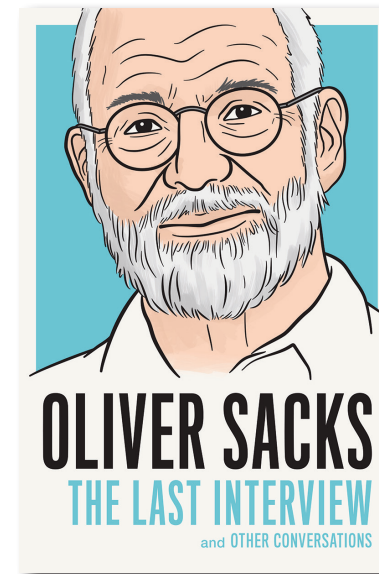


DR. DANIELLE MARTIN
Better Now



Dr. Danielle Martin sees the cracks and challenges in our health-care system every day. Much like Atul Gawande, she uses real patient stories to illustrate what works in our health-care system and what doesn't. Most importantly, she proposes bold fixes that are both achievable and affordable. One of the most urgent reforms she advocates for is a national pharmacare program, instead of the piecemeal provincial pattern of buying drugs. Canada could save billions if drugs were bought in bulk by a single body, which in turn could fund a national prescription program. Patients also need a regular GP instead of overusing hospital Emergency Clinics. Hospitals need to take into account a patient's overall medical history, at every stage from admission to discharge. And since poverty is the greatest predictor of ill health, Dr. Martin argues that a guaranteed income could prevent and alleviate many health problems, reducing pressure on the system and our wallets. Passionate, accessible, and authoritative, Dr. Martin is a fervent supporter of the best of Medicare and a persuasive critic of what needs fixing.

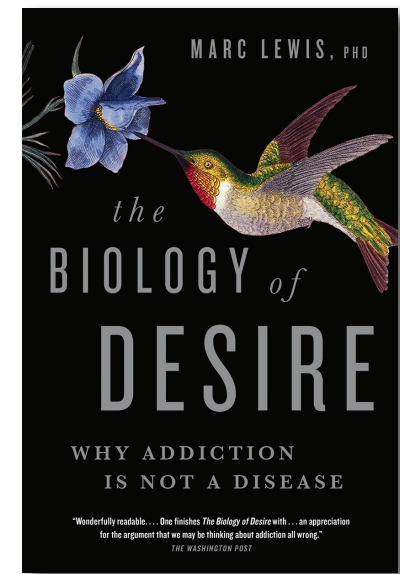
Penguin Canada, HC, 368 PP, 9780735232594, \$32.00



OLIVER SACKS
The Last Interview

An extraordinary collection of interviews with the beloved doctor and author, whose research and books inspired generations of readers. Oliver Sacks—called “the poet laureate of medicine” by the *New York Times*—illuminated the mysteries of the brain for a wide audience in a series of richly acclaimed books, including *Awakenings* and *The Man Who Mistook His Wife for a Hat*, and numerous *The New Yorker* articles. In this collection of interviews, Sacks is at his most candid and disarming, rich with insights about his life and work. Any reader of Oliver Sacks will find in this book an entirely new way of looking at a brilliant writer.

Melville House, TR, 220 PP, 9781612195773, \$21.99

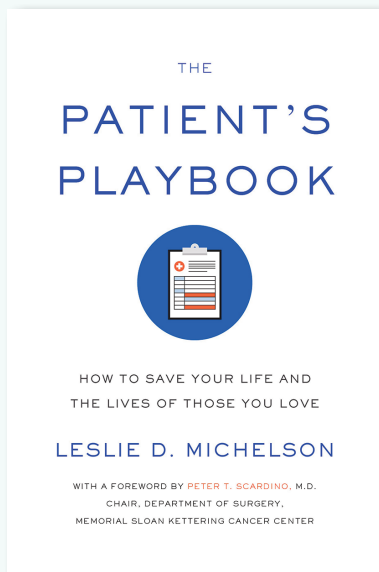


MARC LEWIS, PHD
The Biology of Desire



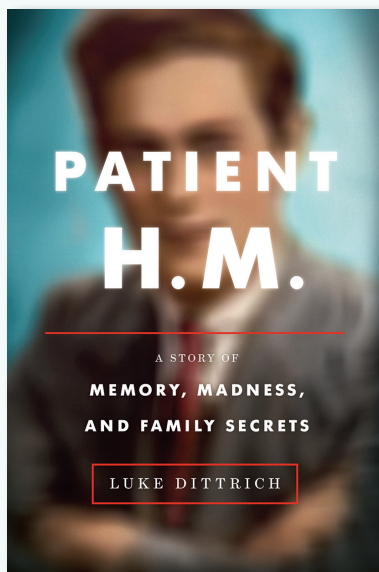
Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the “disease model” of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease, based on evidence that brains change with drug use. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. Brains are designed to restructure themselves with normal learning and development, but this process is accelerated in addiction when highly attractive rewards are pursued repeatedly. Lewis shows why treatment based on the disease model so often fails, and how treatment can be retooled to achieve lasting recovery, given the realities of brain plasticity.

Doubleday Canada, TR, 256 PP, 9780385682305, \$22.00



LESLIE D. MICHELSON
The Patient's Playbook 

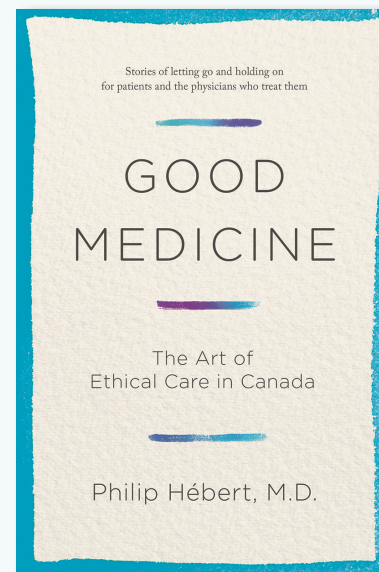
Essential guide, compelling narrative, and call to action, *The Patient's Playbook* will change the way you manage your health and the health of your family, showing you how to choose the right doctor, coordinate the best care, and get to the No-Mistake Zone in medical decision making. Become a smarter, more confident health care consumer and get the best from a broken system with *The Patient's Playbook*. Leslie D. Michelson, former head of the Prostate Cancer Foundation and current CEO of Private Health Management, has devoted his life's work to helping people achieve superior medical outcomes at every stage of their lives.



LUKE DITTRICH
Patient H. M.

In 1953, a twenty-seven-year-old factory worker named Henry Molaison—who suffered from severe epilepsy—received a radical new version of the then-common lobotomy, targeting the most mysterious structures in the brain. The operation failed to eliminate Henry's seizures, but it did have an unintended effect: Henry was left profoundly amnesic, unable to create long-term memories. Over the next sixty years, Patient H.M., as Henry was known, became the most studied individual in the history of neuroscience, a human guinea pig who would teach us much of what we know about memory today. *Patient H.M.* is, at times, a deeply personal journey. Dittrich's grandfather was the brilliant, morally complex surgeon who operated on Molaison—and thousands of other patients. The author's investigation into the dark roots of modern memory science ultimately forces him to confront unsettling secrets in his own family history, and to reveal the tragedy that fueled his grandfather's relentless experimentation—experimentation that would revolutionize our understanding of ourselves.

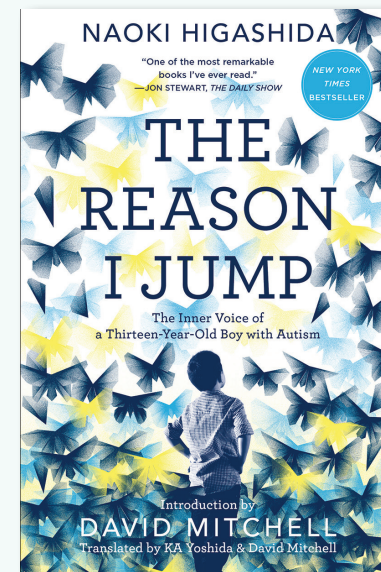
Random House, HC, 464 PP, 9780812992731, \$37.00



PHILIP HÉBERT, M. D.
Good Medicine 

Award-winning physician Philip C. Hébert creates a brave and intimate portrait of the complex ethical imperatives at the heart of good medicine: doctors do not have all the answers; patients must be heard; and their needs, desires, fears, and experiences must be reflected in how practitioners look after them. Medical science continues to advance to previously unimagined heights in its diagnostic and treatment capabilities. With these advances, however, come unexpected ethical dilemmas for practitioners, patients, and families. In *Good Medicine*, Dr. Hébert approaches these questions of pressing and fundamental importance from the dual point of view of acclaimed physician and long-time patient. With remarkable balance and sensitivity, he explores a range of politically, constitutionally, and ethically contentious matters, including assisted suicide, treatment refusal and suspension, and the overall allocation of medical resources. Hébert offers piercing and compassionate insight into the relationship between patients and medical professionals, and guides readers towards the open and empathetic communication needed to ensure good medicine for everyone.

Doubleday Canada, HC, 208 PP, 9780385683258, \$29.95



NAOKI HIGASHIDA
The Reason I Jump 

A story never before told and a memoir to help change our understanding of the world around us, 13-year-old Naoki Higashida's astonishing, empathetic book takes us into the mind of a boy with severe autism. Naoki Higashida was only a middle-schooler when he began to write *The Reason I Jump*. Autistic and with very low verbal fluency, Naoki used an alphabet grid to painstakingly spell out his answers to the questions he imagines others most often wonder about him: why do you talk so loud? Is it true you hate being touched? Would you like to be normal? The result is an inspiring, attitude-transforming book that will be embraced by anyone interested in understanding their fellow human beings, and by parents, caregivers, teachers, and friends of autistic children. Naoki examines issues as diverse and complex as self-harm, perceptions of time and beauty, and the challenges of communication, and in doing so, discredits the popular belief that autistic people are anti-social loners who lack empathy. This book is mesmerizing proof that inside an autistic body is a mind as subtle, curious, and caring as anyone else's.

Knopf Canada, HC, 192 PP, 9780345807823, \$19.95

Vintage Canada, TR, 256 PP, 9780345814210, \$22.00

New York Times Bestseller

"Grounded in scientific research, and based on the experiences of over half a million people,

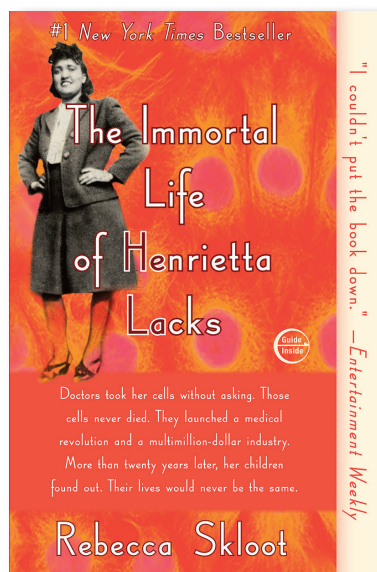
SuperBetter

The Power of Living Gamefully

is at heart a simple and transformative idea: We can use the same psychological strengths we display when we play games to confront real-life challenges, from trauma and illness to just changing our habits for the better."

—DANIEL H. PINK

Jane McGonigal

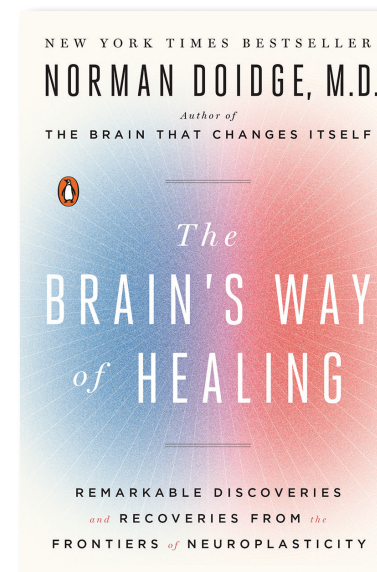


REBECCA SKLOOT

The Immortal Life of Henrietta Lacks

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance. This phenomenal New York Times bestseller tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew.

Crown/Archetype, TR, 400 PP., 9781400052189, \$18.00

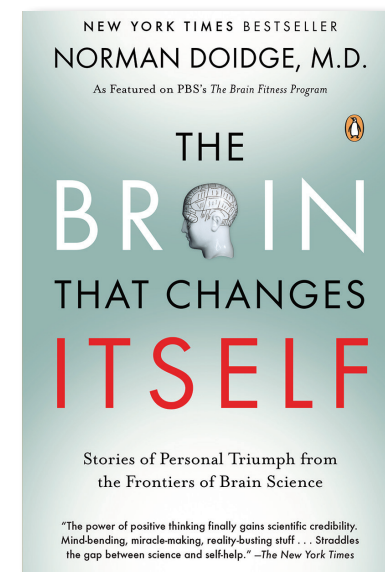


NORMAN DOIDGE, M. D.

The Brain's Way of Healing

In his groundbreaking work *The Brain That Changes Itself*, Norman Doidge introduced readers to neuroplasticity—the brain's ability to change its own structure and function in response to activity and mental experience. Now his revolutionary new book shows how the amazing process of neuroplastic healing really works. *The Brain's Way of Healing* describes natural, noninvasive avenues into the brain provided by the energy around us—in light, sound, vibration, and movement—that can awaken the brain's own healing capacities without producing unpleasant side effects. Doidge explores cases where patients alleviated chronic pain; recovered from debilitating strokes, brain injuries, and learning disorders; overcame attention deficit and learning disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson's disease, and cerebral palsy. And we learn how to vastly reduce the risk of dementia, with simple approaches anyone can use. For centuries it was believed that the brain's complexity prevented recovery from damage or disease. *The Brain's Way of Healing* shows that this very sophistication is the source of a unique kind of healing.

Penguin Books, TR, 448 PP., 9780143128373, \$24.00



NORMAN DOIDGE, M. D.

The Brain That Changes Itself

What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Penguin Books, TR, 448 PP., 9780143113102, \$20.00

JANE MCGONIGAL

SuperBetter, The Power of Living Gamefully

In 2009, internationally renowned game designer Jane McGonigal suffered a severe concussion. Unable to think clearly or even get out of bed, she became depressed, even suicidal. She decided to get better by doing what she does best: she turned her recovery process into a resilience-building game. Today, nearly half a million people have played SuperBetter to get stronger, happier, and healthier. But the life-changing ideas behind SuperBetter are much bigger than just one game. In this book, McGonigal reveals a decade's worth of scientific research into the ways all games change how we respond to stress, challenge, and pain. She explains how we can cultivate new powers of recovery and resilience in everyday life simply by adopting a more "gameful" mind-set. Being gameful means bringing the same psychological strengths we naturally display when we play games—such as optimism, creativity, and determination—to real-world goals.

Penguin Canada, TR, 480 PP., 9780143194651, \$22.00

Medical Science



new titles for 2016

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