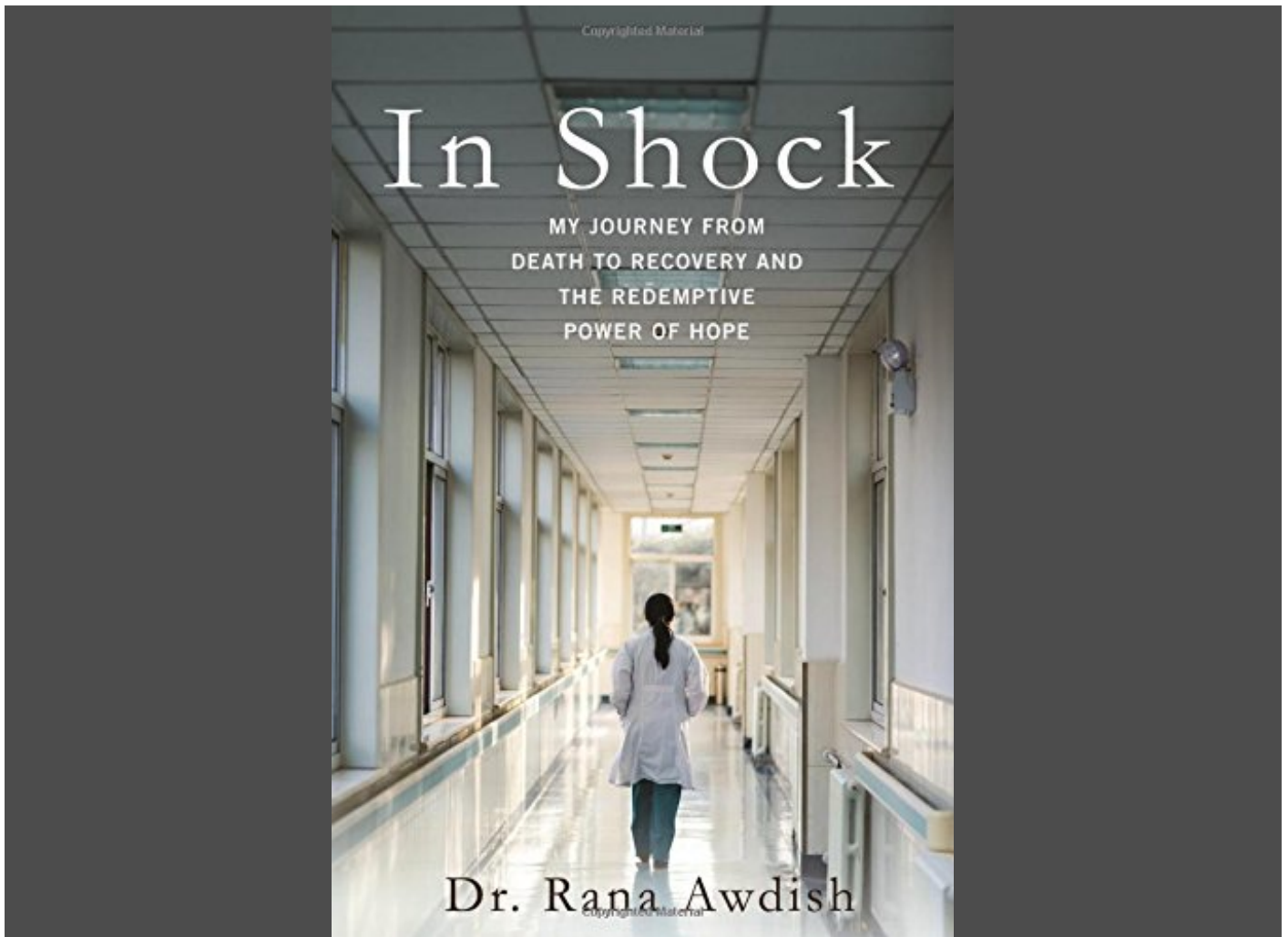


PDF | In Shock: My Journey from  
Death to Recovery and the  
Redemptive Power of Hope

by Rana Awdish



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*In Shock* is a riveting first-hand account from a young critical care physician, who in the passage of a moment is transfigured into a dying patient. This transposition, coincidentally timed at the end of her medical training, instantly lays bare the vast chasm between the conventional practice of medicine and the stark reality of the prostrate patient.

Hauntingly perceptive and beautifully written, it allows the reader to transform alongside her, and watch what she discovers in our carefully cultivated, yet often misguided standard of care. The author demonstrates through engaging narrative and laser-sharp wit how the unbearable is borne. She comes to understand the fatal flaws in her profession and in her own past actions as a physician. She also achieves, through unflinching presence, a crystalline vision of a new and better possibility.

Using her exceptional recall, Awdish fashions an elegant, yet urgent call to action. As she finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave roadmap for anyone navigating illness. At the same time, she presents physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient. All told, she cogently outlines the redemptive possibilities of dismantling the barriers to connection in all relationships.



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