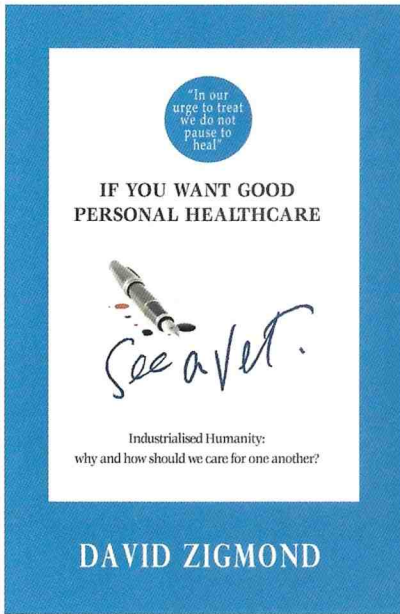


IF YOU WANT GOOD PERSONAL HEALTHCARE – SEE A VET

An Anthology by Dr David Zigmond



"The author conveys the human complexities confronting healthcare with sophistication, clarity and delicate though rich imagination."

Professor Sue Wheeler,
Department of Counselling & Psychotherapy,
University of Leicester

"This remarkable book will invigorate anyone interested in the personal meaning and political aspects of healthcare."

Professor André Tylee,
Department of Primary Care Mental Health,
Institute of Psychiatry

"The problem with this book is its very unclear readership and market."

Anonymous internal reviewer,
Random House Publications

What kinds of human suffering constitute illness? What is the difference between 'dis-ease' and 'disease'? What does 'diagnosis' mean? What are its limitations? Can it be harmful? What are the roles of art and science in understanding others? What is the difference between treatment and healing? What do other people want and need? How do we (think we) know? Who decides? How? And amidst all this what is the role of our personal agency, both within and between us? How is this addressed in any public provision of healthcare?

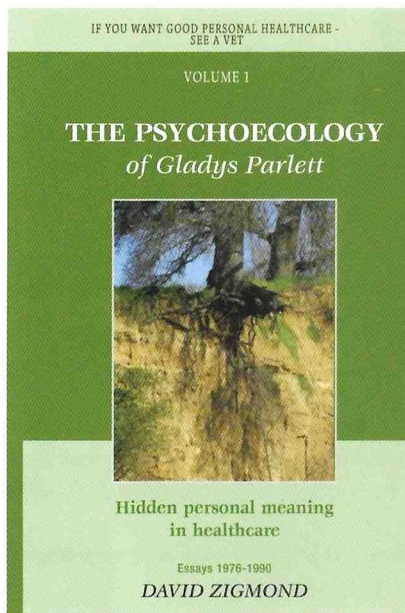
These are the kinds of questions addressed in this remarkable wide-ranging anthology. Written by a frontline medical practitioner over several decades, the explorations are philosophically spirited rather than academically conventioned. The many ideas are brought to life in a way that will engage any open-minded reader: vivid, authentic vignettes are carried by language of precision, poetry and imagination.

The anthology is offered in this complete large single volume, or in three separate smaller volumes.

713 pp

£25.90

Available from Amazon



"Why are some doctors so much more personally effective than others? David Zigmond brings a life to those 'magic' ingredients which can transform a routine encounter into a deeply healing one, which the medical profession is in danger of losing."

Professor John Sloboda FBA,
Emeritus Professor of Psychology,
Keele University

"The writing is unusual in style and of very high quality ... his metaphors and narratives are often dazzling and always interesting."

Anonymous internal reviewer,
Random House Publications

Our patterns of illness, then the communications and activities we fabricate to address them, are often rich in unobvious human *meaning*, and thus opportunity. Yet overzealous pursuit of scientific approaches can here have paradoxical effects. This is because our diagnosis and therapeutics are systematised to short-circuit those very human vagaries that confer meaning.

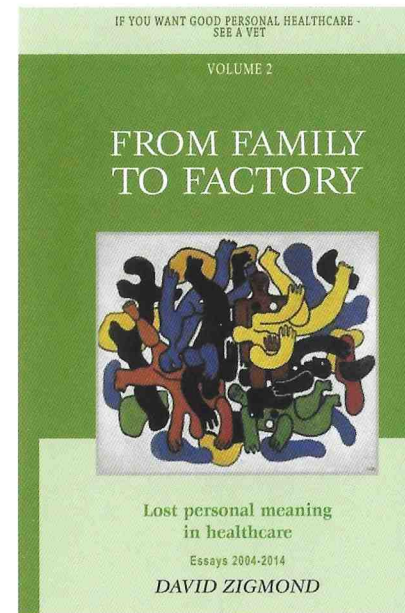
This first volume of the Anthology comprises earlier articles exploring the networks and meanings increasingly ignored by, then obscure to, medical practice. Many subtly coloured case examples help the reader navigate and decipher our shared human complexity in ways that can lead to therapeutic benefits otherwise elusive.

The writings range widely: from psychosomatics to the personal vulnerabilities of healthcarers; from placebo psychology to the power of language; from the elements of psychotherapy to the follies of medically-modelled psychiatry.

The breadth of enquiry is conveyed in a way that will appeal to a wide range of readers: with careful precision yet human nuance and hue.

246 pp
£11.99

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"His humanistic values and philosophical spirit are passionately unleashed against the destructive effects of commodification, managerialism and markets in healthcare with searing precision."

Professor Sue Wheeler,
Department of Counselling & Psychotherapy,
University of Leicester

"This book should be on every health professional's desk"

Professor John Sloboda FBA,
Emeritus Professor of Psychology,
Keele University

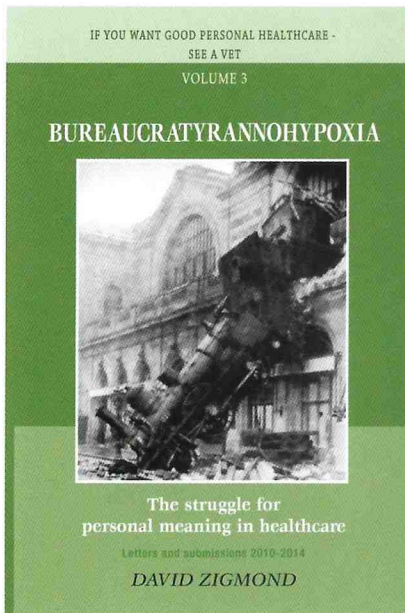
The last two decades have seen a disturbing and growing disparity emerge in our publicly-administered healthcare. Generally, while our technical interventions for the curable get better, our other human engagements and understandings get worse. This is happening despite energetic political commitments, enormous funding and numerous specialist training and regulatory bodies. Why?

This second volume of the Anthology documents this new era and proposes that the technical and managerial approaches that are so helpful in tackling curable diseases (the 'factory') are now serving us poorly elsewhere – the larger fraction of our healthcare where we need, instead, personally attuned contacts of flexibility and imagination (a 'family').

The complexity of this errored evolution and its consequences are demonstrated by lively and engaging vignettes of healthcare encounters linked by wide-scoped and unusual explanations.

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"Read this book with the attention it deserves and you will not see healthcare in the same way again. Be prepared to join The Revolution!"

Professor Sue Wheeler,
Department of Counselling
& Psychotherapy,
University of Leicester

"... I cannot, therefore, confidently recommend publication"

Anonymous internal reviewer,
Random House Publications

What is culture? Does it develop its own life, then impervious to individual influence?

Our NHS healthcare now has characteristics few foresaw or now wish to identify with. We have a crisis of *depersonalisation*: shocking failures of humane care, unprecedented staff weariness and demoralisation. Serial experts resolutely reassure, then fade away.

This third volume of the Anthology offers something different: a collection of letters and submissions from recent years of David Zigmond's frontline medical work – missives to newspapers, journals, politicians, senior managers and colleagues. These vividly describe his experiences and dilemmas, his understanding of these, and then some remedial suggestions.

A long view constructs a notion about our ailing Welfare services that is a seminal folly of our industrial age: that we are attempting to produce and manipulate human care and welfare as if they are manufactured objects. Such procedural manufacture then supplants our *relationships*, and the language, skills, imagination and emotional life that make these possible.

Surprising and substantial ideas are animated by evocative human description and lightened by insightful, incited and incisive wit.

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