

Are you a medical student on the cusp of graduation from medical school, soon to embark upon a journey through residency training? Are you an intern or junior resident muscling through the early years of your formative residency training? If so, this book was written exclusively for you.

The transition from medical school to residency training is a challenging and transformative experience that will come rushing forward like a run-away freight train. Life as a resident physician is drastically different than what most experience during their clinical rotations in medical school. Residency is an entirely different animal.

The transition into residency training will undoubtedly evoke a combination of emotions to include enthusiasm and eagerness but also trepidation and apprehension. This survival guide will serve to temper these emotions and transform them into a sense of confidence as you progress forward in your training.

This book will enable the reader to fabricate an armamentarium of weaponry that can be tactically applied in the trenches of clinical warfare and to develop the strength, perseverance, and endurance to surge forward when the going gets tough. The advice offered on these pages will keep the reader operating on an even keel throughout the grueling training process and prevent the reader from making numerous mistakes the author himself naively committed.

This focused, honest, and straightforward book addresses the unique challenges encountered in residency training and more importantly discusses a number of strategies to facilitate tactful navigation of these challenges. It has been crafted into an easily digestible volume which concisely outlines a combination of principles that will produce a winning strategy to be a highly motivated, readily adaptable, and successful resident.

*“Encouraged as a ‘must-read’ text for one considering entry to medical school and as the requisite text for the student entering accredited residency training.” Kirby I. Bland MD FACS, Professor of Surgery and Chair Emeritus, UAB Department of Surgery, Birmingham, Alabama, USA.*

*“Why would you not read this book before approaching your residency?” Jonathan J. Earnshaw DM FRCS, Editor in Chief, British Journal of Surgery.*

*“This novel little book is chock-full of survival advice and practical points...” Kenneth L. Mattox MD FACS, Distinguished Service Professor, Michael E. DeBakey Department of Surgery, Baylor College of Medicine, and Chief of Staff/Chief of Surgery at the Ben Taub General Hospital, Houston, Texas, USA.*

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*The Medical & Surgical Residency Survival Guide: How to Build a Tactical Advantage for Success*

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## Residency Survival Guide



*How to Build a Tactical  
Advantage for Success*

Daniel McMahan