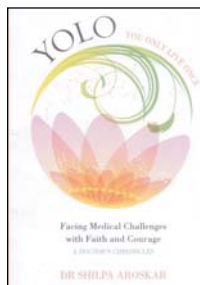

BOOK REVIEWS



YOLO
SHILPA AROSKAR
*Body & Soul Books, Leadstart
Publishing Pvt Ltd.,
Mumbai 400 037, India.
Pages: 147 ; Price: 199/-.*

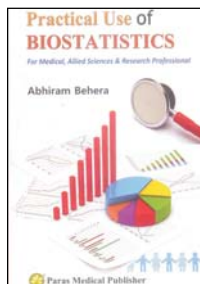
This book comprises of real life medical stories which the author has acquired from her rich professional repertoire. The hallmark of these stories is how a doctor has perceived her patients and their illnesses from a totally different perspective. Rather than just treating it as a 'case' or a 'disease', the learning point from the book is that we need to see our patients and their sufferings from a holistic and a sensitive angle. With this open mindedness to learn from her patients the author has narrated important life's lessons of hope. Courage, attitude of gratitude for what we have, savouring every moment of life, not postpone our dreams, spending time with our loved ones before it's

too late, disembarking from the rat race and many more. The stories also prove that 'faith' is the cornerstone of medical profession. The power of a positive mind goes a long way in healing and a good doctor needs to offer a complete holistic care of the mind, body and soul is well depicted. The last chapters on the life of a doctor, challenges faced today in the net savvy google era by doctors, doctor-patient relationships, euthanasia are all true to the core.

Deftly, written in an honest and a simple manner YOLO is an inspiring and thought-provoking book. I would highly recommend this book for every doctor and patient.

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Practical Use of Biostatistics
ABHIRAM BEHERA
*Paras Medical Publisher
New Delhi 110 002, India.
Pages: 350; Price: Rs. 290/-.*

Biostatistics is one discipline where doctors often struggle to come to terms with; and very often, students come requesting to suggest a good book on biostatistics. This book covers all the topics that are relevant to application of statistics in medical research. The good part of the book is that it has several illustrative exercises, which the researchers can relate to. Similarly, students will be benefitted by the

multiple choice questions at the end of the book. But unfortunately, the book suffers from some limitations. It keeps the subject as complicated as it sounds to medical professionals. There are hardly any attempts made to explain the complex topics with suitable examples. The book is full of formulae and theoretical constructs, without simplifying the same. Grammatical errors are aplenty, which make reading difficult.

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