

Non-Fiction Reading for Medics and Biological Natural Scientists

<i>Book Title</i>	<i>Author</i>	<i>Notes</i>
Being Mortal	Atul Gawande	Death is inevitable, how should medicine and doctors accept this and value dignity in life and in death?
The Gene: An Intimate History	Siddhartha Mukherjee	The story of genetics inter-cut with personal experiences of how genetic pathology has affected his own family
The Emperor of All Maladies	Siddhartha Mukherjee	A narrative history of cancer, its effects on the body, and on identity. An epic.
The Man Who Mistook His Wife for a Hat	Oliver Sacks	Strange but true brain pathologies through case studies. A classic in the field of neuroscience and pathology.
When Breath Becomes Air	Paul Kalanithi	An autobiographical memoir of a neurosurgeon's final battle with metastatic lung cancer. A first hand account, published posthumously, about how a doctor deals with his own mortality.
This is Going to Hurt: Secret Diaries of a Junior Doctor	Adam Kay	Honest and humorous insight into life as a junior doctor in the NHS.
Heart: A History	Sandeep Jauhar	A journey through the story of the heart, both historical and personal by a heart failure specialist.
Mind on Fire	Arnold Thomas Fanning	'A memoir of madness and recovery' - a powerful insight into severe mental illness and recovery.
To Be a Machine	Mark O'Connell	A look at Transhumanism: using technology to improve the human machine.
With the End in Mind	Kathryn Mannix	Written by a palliative care specialist, a series of human stories about the end of life and how to approach death openly as a doctor and as a person.
I Contain Multitudes	Ed Yong	All about microorganisms and how they affect your body, health and the natural world.
How to Survive a Plague	David France	A chronicle of how scientists, doctors, activists battled the AIDS epidemic.
The Immortal Life of Henrietta Lacks	Rebecca Skloot	How the cells from one woman who died of cervical cancer in 1951 played a hugely important role in medicine. Weaves together questions on race, bioethics and medical milestones.
How to argue with a racist	Adam Rutherford	Race is real because we perceive it. Racism is real because we enact it. But the appeal to science to strengthen racist ideologies is on the rise. Stereotypes and myths about race

		are expressed not just by overt racists, but also by well-intentioned people whose experience and cultural baggage steer them towards views that are not supported by the modern study of human genetics.
The Sleeping Beauties: And Other Stories of Mystery Illness.	Dr Suzanne O'Sullivan	Stories about functional neurological disorders and how social narratives play a crucial role in the spread and treatment of these.
Empire of Pain	Patrick Radden Keefe	The story of OxyContin, a powerful and highly addictive painkiller which fuelled an epidemic of opioid overdoses in the US. What the consequences are when profit, corruption and a flawed healthcare system intersect.
Life's Edge: The Search for What It Means to Be Alive	Carl Zimmer	'We all assume we know what life is, but the more scientists learn about the living world—from protocells to brains, from zygotes to pandemic viruses—the harder they find it is to locate life's edge.' Smithsonian Magazine
The Joy of Sweat: The Strange Science of Perspiration	Sarah Everts	'Sweating may be one of our weirdest biological functions, but it's also one of our most vital and least understood. In The Joy of Sweat, Sarah Everts delves into its role in the body—and in human history.' Smithsonian Magazine
Do No Harm	Henry Marsh	'In neurosurgery, more than in any other branch of medicine, the doctor's oath to 'do no harm' holds a bitter irony. Operations on the brain carry grave risks. Every day, Henry Marsh must make agonising decisions, often in the face of great urgency and uncertainty.' Wellcome Trust

Magazines, Journals and Websites

Biological Review Magazine (available in WIS Library).

[New Scientist](#)

[British Medical Journal \(BMJ\)](#)

[BMJ Student](#)

[The Lancet](#)

[Wellcome Trust](#)

[Young Scientist](#)

[The Scientist](#)

[HE+ \(Cambridge\)](#)

[Oxford Sparks](#)