



# Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine

*Starla Fitch MD, Foreword by Bernie Siegel*

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**Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine** Starla Fitch MD,  
Foreword by Bernie Siegel

Dr. Starla Fitch went into medicine for all the right reasons. But not long after she began her practice, the demands of the profession coupled with the bureaucracy of the system began to take their toll. On the verge of burnout, she knew she had to find a way to reconnect with the reasons she became a physician. She did-- and now she helps other doctors do the same. *Remedy for Burnout: 7 Prescriptions Doctors Use to Find Meaning in Medicine*, shares Starla's story and those of fellow physicians who tapped into their own passions and talents and discovered the meaning in medicine unique to each of them. Her seven prescriptions provide actionable advice that doctors can take to assess their current situations and reconnect with the reasons why they put on their white coats every day.

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