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Download or Read Online Committed Free eBook (PDF/ePub/Mobi/Mp3/Txt) Adam Stern -, *Grey's Anatomy* meets *One L* in this psychiatrist's charming and poignant memoir about his residency at Harvard.

Adam Stern was a student at a state medical school before being selected to train as a psychiatry resident at one of the most prestigious programs in the country. His new and initially intimidating classmates were high achievers from the Ivy League and other elite universities around the nation. Faculty raved about the group as though the residency program had won the lottery, nicknaming them "The Golden Class," but would Stern ever prove that he belonged?

In his memoir, Stern pulls back the curtain on the intense and emotionally challenging lessons he and his fellow doctors learned while studying the human condition, and ultimately, the value of connection. The narrative focuses on these residents, their growth as doctors, and the life choices they

make as they try to survive their grueling four-year residency. Rich with drama, insight, and emotion, Stern shares engrossing stories of life on the psychiatric wards, as well as the group's experiences as they grapple with impostor syndrome and learn about love and loss. Most importantly, as they study how to help distressed patients in search of a better life, they discover the meaning of failure and the preciousness of success.

Stern's growth as a doctor, and as a man, have readers rooting for him and his patients, and ultimately find their own hearts fuller for having taken this journey with him.

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