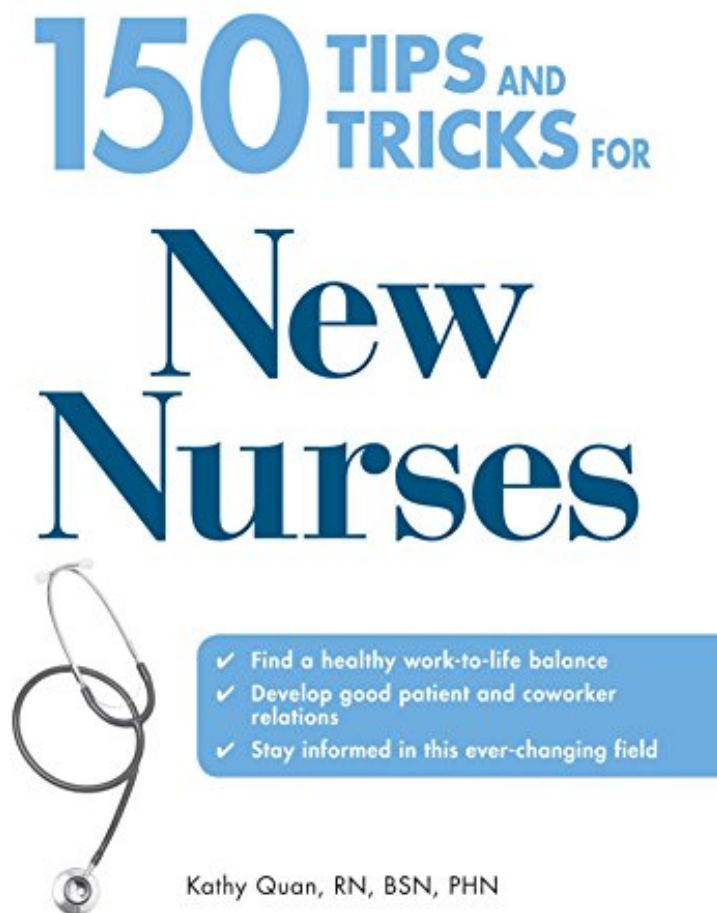


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With long hours, huge responsibilities, and average pay, nursing is often as challenging as it is rewarding. By teaching new nurses what to expect, how to get what they want, and how to succeed in today's medical environment, this book is the one-dose treatment to prevent burnout. Written in an easy-to-read, direct, and honest way, this helpful handbook will teach new nurses what they didn't learn in nursing school. Veteran R.N. Kathy Quan offers readers information on how to: balance a hectic new schedule (for work, sleep, and life) deal with doctors avoid illness themselves continue education while working cope with death of patients (the first time, and after) and more With this book, nurses get real-life advice on how to cope, perform, and excel in their field--one shift at a time!

About the Author Kathy Quan, R.N., B.S.N., P.H.N. (Thousand Oaks, CA), has been a nurse for thirty years. She graduated from California State University - Los Angeles in 1975 with her B.S.N. and Public Health Nurse Certificate. She began her career at Methodist Hospital in Arcadia, CA on a med/surg floor. She was promoted to assistant head nurse within a year. Patient education and precepting new nurses and student nurses were her favorite part of the job.