**Books worthy of CPD material**

**Direct Red**: A Surgeon’s story. **Gabriel West**.

**The body keeps the score**: Brain, Mind and Body in the healing of trauma. **Bessel Van der Kolk**.

**When breath becomes air**: Non-fictional autobiographical book written by American Neurosurgeon **Dr Paul Kalanithi**. It is a memoir about his life and illness battling stage IV lung cancer.

**Bad science**: Looks at the scientific method for research and gives concrete examples of where it has gone wrong. **Ben Goldacre**.

**Blood sweat and Tea**: Based on the blog ‘Random Acts of Reality’ by a London based Paramedic. **Tom Reynolds.**

**The Prison Doctor**: My time inside Britain’s most notorious Jails by Prison Doctor, **Amanda Brown**.

**NHS Plc:** The privatisation of our health care. Written by one of the NHSs most passionate defenders, **Allyson M Pollock**

**The Health Gap**: The challenge of an unequal world. **Michael Marmot**

**With the end in mind** describes the possibility of meeting death gently with forethought and preparation, and shows the unexpected beauty, dignity and profound humanity of life coming to an end**. Kathryn Mannix**

**Do no harm**: Stories of life, death and brain surgery by Neurosurgeon **Henry Marsh**

**Why we sleep**: The new science of sleep and dreams by Neuroscientist and sleep researcher **Matthew Walker**

**It’s all in your head**: True stories of Imaginary Illness. A Neurologist explores the very real world of psychosomatic illness. **Suzanne O’Sullivan**.

**This is going to hurt**: Secret diaries of a junior doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, this provides a no-holds barred account of his time on the NHS front line. **Adam Kay**

**Life ascending**: The ten great inventions of Evolution. **Nick Lane**

**Cutting for stone**: Written by Ethiopian born Indian American medical doctor **Abraham Verghese**.

**In the midst of life:** **Jennifer Worth** documents her experiences as a Nurse and ward sister, treating patients who were near the end of their lives.

**Anything by Atul Gawande!** To name a few **-** The checklist manifesto; Being Mortal: Medicine and what matters in the end; Complications: notes from a young surgeon.

**Black box thinking:** Why most people never learn from their mistakes – but some do. **Matthew Syed.**