

## **Surgeon, Heal Thyself: Optimising Surgical Performance by Managing Stress.**

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Shiralkar U. Boca Raton, FL: CRC Press; 2017. ISBN: 9781498724036.

<https://psnet.ahrq.gov/issue/surgeon-heal-thyself-optimising-surgical-performance-managing-stress>

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[Stress](#), information overload, and high-risk decisions are prevalent in surgery. This book discusses elements of surgical practice that can diminish surgeon performance and contribute to [burnout](#). The author offers recommendations for surgeons to help manage stress levels, including noise reduction, [ergonomic considerations](#), and recognition of [fatigue](#).