

substances are what they are supposed to be may lose a resident a year to a drug problem.

I am especially glad he wrote a chapter about respect for fellow human beings. He includes respect for patients' rights to accept or refuse a prescribed treatment. He reminds us that we are not gods and should treat those nonphysicians with whom we work with respect as well as our fellow physicians even when we disagree with them. As an anesthesiologist for more than 50 yr, I too have observed too many incidences of disrespect.

He strongly opposes government telling physicians how to practice medicine or interfering with the doctor–patient relationship, nor does he have any love for insurance companies. Dr Fanning says the practice of medicine is a business, and physicians should be fairly compensated for their work. Therefore, physicians in training should have some courses in economics. In the chapter on “Medical Economics,” he includes valuable stories to illustrate his points.

In the chapter entitled “Medical–Legal Issues,” he tells of his own experiences with lawsuits, offers ideas about how the system can be improved, and concludes with some worthwhile advice. When I was an intern, a philosophical internist told me the way to avoid lawsuits was first to know what you are doing and second to be kind to people. Dr Fanning lists five recommendations, the first two of which are what I was told more than 50 yr ago. The next three are to document, to trust your lawyer, and to remember it is all about money.

Finally, Dr Fanning suggests that there is more to life than medicine and suggests ways to expand one's horizons and enjoy life. Taking care of oneself is the first step toward having a full and meaningful career and life. Much of the advice is pretty basic in the chapters “There's More to Life than Medicine” and “Take Care of Yourself,” but repetition never hurts. Dr Fanning's stories are interesting but often tragic, sad, and/or humorous. As an anesthesiologist in the practice longer than Dr Fanning, I can especially relate to and enjoy his anecdotes, but I am sure any reader can gain insights and pleasure from this book.

Robert J. Fragen, M.D., Northwestern University Medical School, Chicago, Illinois. rfragen@yahoo.com

(Accepted for publication August 23, 2012.)

The Road Back: A Journey of Grace and Grit.

By Michael Vitez. Create Space Independent Publishing Platform, 2012. Pages: 212. Price: \$ 18.00.

The Road Back: A Journey of Grace and Grit, by Pulitzer Prize-winner Michael Vitez, is an inspiring and gut-wrenching story of Matt Miller, a young triathlete and student at the

University of Virginia, who suddenly and without warning was inexplicably struck by tragedy, suffering life-threatening injuries in a cycling accident on a remote mountain pass. Miraculously, his accident was witnessed by Mark Harris, an anesthesiologist, and his wife, who happened to be out for a morning drive with their car club. Dr. Harris told his wife he thought the boy was dead. Nonetheless, like the Good Samaritan depicted at the top of the Ether Monument in Boston's Public Garden, Dr. Harris went to Matt's aid and found he had a crushed face and skull, was not breathing, and exhibited signs of brain damage. Dr. Harris instinctively performed a risky maneuver, knowing it might do more harm than good but also knowing it was his best shot at getting Matt to breathe, which would buy them enough time to get him to a trauma center. As fate would have it, good fortune continued to be on Matt's side. All the right people were in exactly the right places at the right times, including, in addition to Mark Harris, the dedicated airlift flight nurse who set his transportation in motion, the nursing student friend studying at home who contacted his girlfriend, and a trauma team awaiting his arrival at one of the leading American trauma centers. The phone call every parent hopes they will never receive was made. How his parents, brother, and girlfriend responded is remarkable.

At the time of his accident, Matt was an amazingly fit 20-yr-old who was on top of the world. He was highly committed to pursuing a career in medicine and had a loving girlfriend and an incredibly close family. His future prospects seemed extraordinary, but in an instant his life changed forever.

The tale of Matt's survival and recovery is moving. In the race against time to save his life and preserve his brain and facial functions, the medical teams worked together with amazing diligence. But would that be enough? His constrained but emotional father, his pragmatic and level-headed mother, and his faithful girlfriend would watch in wonder as this brilliant young man struggled to regain his ability to pursue his academic and other personal goals. Always one to test himself and push his limits, Matt Miller would prove his mettle and amaze and inspire everyone who knew him. What he accomplished in such a short time after his accident was nothing short of miraculous.

The Road Back is a must read for parents. We often wonder what our children are capable of and how our guidance and nurturing have helped shape who they are. Matt's story will reassure the reader that their children will have what it takes when they need it most, though you will pray that they will never need it to the extent Matt Miller did.

Mary Anne Avram, B.S., M.T. (A.S.C.P.),* *Loyola University Medical Center, Maywood, Illinois. mommaa3@hotmail.com

(Accepted for publication September 13, 2012.)