New Book "Love, Sanity, or Medical School" Delivers a Hilarious and Contemporary Spin on Navigating Life, Dating, and Medical School

Third year of medical school is the greatest test in a doctor’s life, a year of rotating throughout specialties, teams, hospitals, and lives. It leaves an indelible mark on every physician, but the story is often untold… until now.

NEW YORK (PRWEB) January 29, 2019 -- Third year of medical school is the greatest test in a doctor’s life, a year of rotating throughout specialties, teams, hospitals and lives. It leaves an indelible mark on every physician, but the story is often untold… until now.

Told through gonzo-style, bare-it-all journaling, Love, Sanity, or Medical School takes you on a tour of Third Year with Dr. Stephanie Benjamin, a 9/11 and Katrina-surviving, former Junior Olympic fencer with a tenacious spirit and keen humor.

Follow Dr. Benjamin as she navigates Imposter Syndrome and white coat snack-stashing, life-changing mentors and unbearable teammates, courageous cancer patients and booger-ridden pediatric patients, breakups, makeup parties, research, exams, rounds and learning what it’s really going to take to devote yourself so completely to the practice of medicine and patients.


Love, Sanity, or Medical School finds its power in vulnerability, in documenting love, loss, triumph, failure, fear and joy. You’ll never forget this slice of life from the white coat crowd.

To learn more, visit: thirdyear.org
Books are available online at Amazon.com

About the Author

Dr. Stephanie Benjamin is an award winning writer and emergency physician. Her writing has been published in Annals of Emergency Medicine, Journal of the American Heart Association, as well as on multiple medical and non-medical websites.

After Dr. Benjamin graduated from medical school, she moved to California for her emergency medicine residency at University of California San Francisco Fresno. She is a rising expert within the disaster medicine community, frequently publishing and lecturing about disaster preparedness and emergency response. After residency, she will move to southern California for an Emergency Medical Services and Disaster Medicine Fellowship at the University of California San Diego.

When not at work or writing, Dr. Benjamin can be found rock climbing, epee fencing, flipping around on aerial
silks, or at the beach with her husband Alex and their two Rottweilers.

# # #
Contact Information
Cindy Birne
President, Cindy Birne Public Relations
(214) 405-8047

Online Web 2.0 Version
You can read the online version of this press release here.