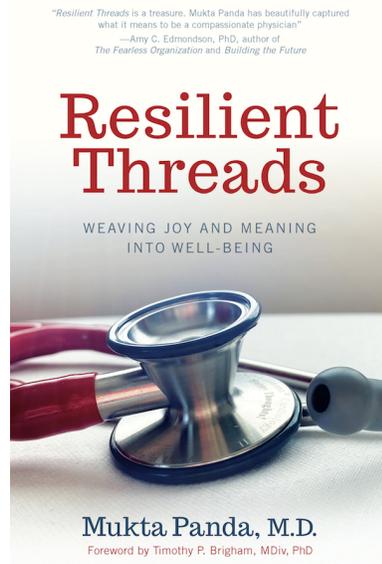


PRESS RELEASE



RESILIENT THREADS

Weaving Joy and Meaning into Well-Being
by Mukta Panda, M.D., with foreword
by Timothy P. Brigham, MDiv, PhD

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Resilient Threads is a treasure...Mukta Panda has beautifully captured what it means to be a compassionate physician—one who effortlessly dedicates herself to the well-being of not just patients but also colleagues, students and friends alike.

— Amy C. Edmondson, PhD, Professor, Harvard Business School,
author of *The Fearless Organization* and *Building the Future*

Physician burnout is eating away at the fabric of our healthcare system. But it's not a symptom of the medical profession alone. In a culture that privileges evidence over empathy, technology over touch, and what's measurable over what's meaningful, many of us feel more fragmented and less human than ever.

In **RESILIENT THREADS: WEAVING JOY AND MEANING INTO WELL-BEING**, Mukta Panda gives voice to the exhaustion and gives courage for another way. As a doctor and medical educator, she has fought to return human touch to healthcare. As a mother, she has committed—and sometimes failed—to balance the personal with the professional. As an immigrant, she has clung to the wisdom of her family and faith in the face of discrimination and fear.

By weaving her own story of belonging, as a young girl in India to an East Tennessee transplant, with the stories of her patients, students, and colleagues, she models how each and every one of us can build resilience through self-awareness and story-sharing.

"Ritual, relationships, and reflection are key threads in how I learned to thrive," Panda writes in the introduction. So, too, are they key for the thriving of our world. The well-being of our physicians and patients, teachers and students, parents and children depends on integrating these threads into a new social fabric, one that honors the whole of who we are with what we do.

About the Author:

Mukta Panda, MD, MACP, FRCP-London, is an award-winning physician, speaker, and facilitator whose work seeks to transform the heart of patient care and medical education. She serves as the Assistant Dean for Well-Being and Medical Student Education and a Professor of Medicine at the University of Tennessee College of Medicine at Chattanooga. To rejuvenate, Mukta likes to take long walks, cook good Indian meals, and plan surprise parties for loved ones. Visit her online at www.MuktaPandaMD.com and follow her on Twitter [@MuktaPandaMD](https://twitter.com/MuktaPandaMD).

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PRESS RELEASE

PRAISE FOR MUKTA PANDA, M.D.

This is a must-read for learners, educators, and practicing clinicians as they journey on the path of mastery. There are lives at stake and treasures of joy and wonder to be found. With this book, the path is illuminated.

—**Timothy P. Brigham, MDiv, PhD**, Chief of Staff and Chief of Education and Organizational Development, Accreditation Council for Graduate Medical Education (ACGME)

Resilient Threads is a treasure...Mukta Panda has beautifully captured what it means to be a compassionate physician—one who effortlessly dedicates herself to the well-being of not just patients but also colleagues, students and friends alike.

—**Amy C. Edmondson, PhD**, Professor, Harvard Business School, author of *The Fearless Organization* and *Building the Future*

The external aims to provide better health for society cannot happen without tending to the inner imperatives. We need a holistic approach to individual courage and institutional change, and Dr. Mukta Panda shows us how it can be done.

—**Donald M. Berwick, MD**, President Emeritus and Senior Fellow, Institute for Healthcare Improvement and former Administrator, Centers for Medicare and Medicaid Services

I'm grateful to Mukta for having the courage to share how she keeps her heart open despite heartbreak, and is teaching her medical students and residents to do the same. Internal medicine may be Mukta's clinical specialty, but she is a healer of the inner life as well.

—**Parker J. Palmer**, author of *On the Brink of Everything*, *The Courage to Teach*, *A Hidden Wholeness*, and *Let Your Life Speak*

A powerful, inspiring example of a physician and mother who reveals the empathy, compassion and self-care needed to get through medical training and to revive the good doctor you hoped to be.

—**Vineet Arora, MD**, MAPP, Associate Chief Medical Officer—Clinical Learning Environment, University of Chicago Medicine

Medical students and residents reading her story will learn some of what to expect in a medical career, and for someone like me, 45-plus years into my medical and surgical career, it was an opportunity to reflect: "Oh yes, I remember feeling like that" and "Yes, this is exactly how it feels to connect to a patient."

—**R. Phillip Burns, MD, FACS**, Professor and Chairman, Department of Surgery, University of Tennessee College of Medicine, Chattanooga

In a modern world of medicine where workload and the expectations of physicians are as great as they have ever been, a reminder of what makes us tick as doctors is sorely needed. This book provides that and more...I am a better physician for reading it.

—**Professor Andrew Goddard, MD, FACP (Hon)**, President of the Royal College of Physicians of London

The book serves as a lesson for all of us. We need to recognize our strengths and weaknesses, focus on what is important, and make sure that we have meaning in our lives.

—**Marc J. Kahn, MD, MBA, MACP, FRCP**—London, Tulane University School of Medicine

An intimate example of how to live and work, *Resilient Threads* offers an inspiring model for others to learn from, resonate with, and be emboldened by.

—**Penelope R. Williamson**, co-author of *Leading Change in Healthcare*, Associate Professor of Medicine, The Johns Hopkins University School of Medicine