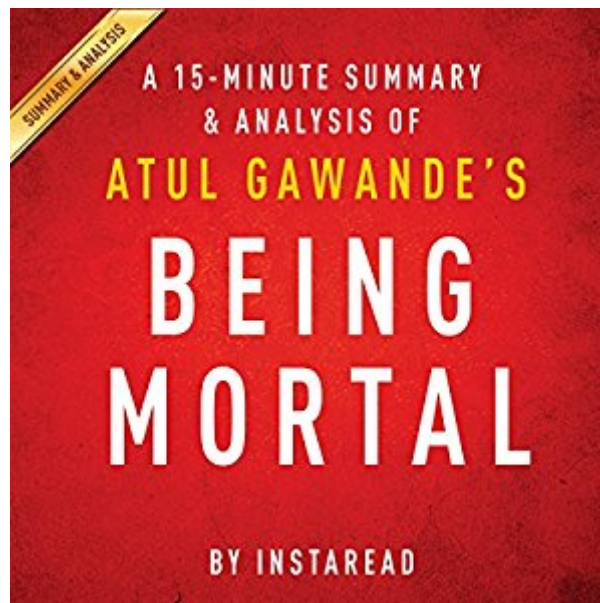




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# A 20-minute Summary Of Atul Gawande's Being Mortal: Medicine And What Matters In The End



## Synopsis

PLEASE NOTE: This is a summary of the book and NOT the original book. Being Mortal by Atul Gawande - A 20-minute Summary Inside this Instaread Summary: Overview of the entire book Introduction to the important people in the book Summary and analysis of all the chapters in the book Key Takeaways of the book A Reader's Perspective Preview of this summary: Chapter 1

Gawande grew up in Ohio. His parents were immigrants from India and both were doctors. His grandparents stayed in India, and there were few older people in his neighborhood, so he had little experience with aging or death until he met his wife's grandmother, Alice Hobson. Hobson was 77 and living on her own in Virginia. She was a spirited widow who fixed her own plumbing and volunteered with Meals on Wheels. However, Hobson was losing strength and height steadily each year as her arthritis worsened. Gawande's father enthusiastically adopted the customs of his new country, but he could not understand the way in which seniors were treated in the US. In India, the elderly were treated with great respect and lived out their lives with family. In the United States, Sitaram Gawande, Gawande's grandfather, likely would have been sent to a nursing home like most of the elderly who cannot handle the basics of daily living by themselves. However, in India, Sitaram Gawande was able to live in his own home and manage his own affairs, with family constantly around him. He died at the age of 110 when he fell off a bus during a business trip. Until recently, most elderly people stayed with their families. Even as the nuclear family unit became predominant, replacing the multi-generational family unit, people cared for their elderly relatives. Families were large and one child, usually a daughter, would not marry in order to take care of the parents. This has changed.

## Book Information

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## Customer Reviews

This book is a guide to Being Mortal by Atul Gawande. Gawande became a doctor and saw how little other medical students around him wanted to practice geriatrics. He also saw the sad state of life for many nursing home residents as he watched his wife's grandmother slowly deteriorate. This book discusses Gawande's main points and his advocacy for alternative means to care for the elderly rather than in a nursing home where their quality of life and their health begins to decline. He gives examples of different programs for the elderly that showed a marked improvement from their counterparts in nursing homes. This book is great if you would like to know what Being Mortal is about or a condensed version. This could also be a book that you use to influence your decision on whether you would be interested in Atul Gawande's book.

Another wonderful Instaread summary! This time they've broke "Being Mortal" by Atul Gawande in a simple to understand guide that guides the reader through a 20 minute read of the key points of the actual book. As a certified medical assistant I saw the plight of senior citizens when it came to their health care, and even the dismal state of affairs in many nursing homes. This Instaread made me want to read the full Being Mortal book because I found I can relate to the story. My family is going through the agonizing process of how to take care of my declining grandmother who is suffering from the early stages of Alzheimer dementia. I want to gift both the Instaread and full book to my entire family so they can make good decisions.

This is a great summary on a very important, yet tough to talk about, topic. Every person on the planet will have to deal with "end of life care" at some point in their lifetime; either for a loved one or at the end of their own life. This is a subject that needs to be discussed more in order to understand what people want and need as they face their own mortality. Kudos to author, Dr. Atul Gawande. I will probably purchase his book to read the whole thing, thanks to this summary.

I am a hospice social worker. None of this is new to me but it is very well said and easily understood. I am always learning new ways to say things and new perspectives; Gawande gave me more to ponder. I meant to buy the whole book, not just the summary but believe that the summary gave me what I needed in order to confidently refer others to the book.

I found this summary a good introduction to the subject of questions that need to be asked and answered about end of life decisions. It makes it clear that there are options that should be offered to patients after a clear review. In many cases doctors can be obsessed with the idea of determined treatment without regard to the patients preferences. It compares at home,,assisted living, nursing home and hospital care from the patients point of view and the relative satisfaction with each. It points out that the subject is so sensitive that in most cases the elderly and their families rarely discuss the available options and perhaps blindly follow the Doctors instinct to treat and medicate toward a cure even when death is inevitable. Clearly this is a subject that deserves the attention of us all regardless of age.

I loved the book and thought I would get the short review. It is awful to read, it lacks Gawande's story-telling style. Do yourself a favor, save your money and read the full-length book which is outstanding!

Great summary, I heard Dr. Gawande on NPR radio I found the topic to be fascinating and should be discussed with our families and doctors, this book will give you the push we need to approach this subject.

Such critical topics, explored with intelligent research and explained in an understandable fashion. I wept when reading parts of this book, wishing changes in elder care had been implemented in time to meet my parents' needs. A true revolution is necessary to provide humane treatment of our elder population in their last years, and this book sets the stage. Buy it. Read it. And be part of the solution before it's YOU wasting away, depressed and stripped of control over your life by institutions whose only concern is the bottom line.

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