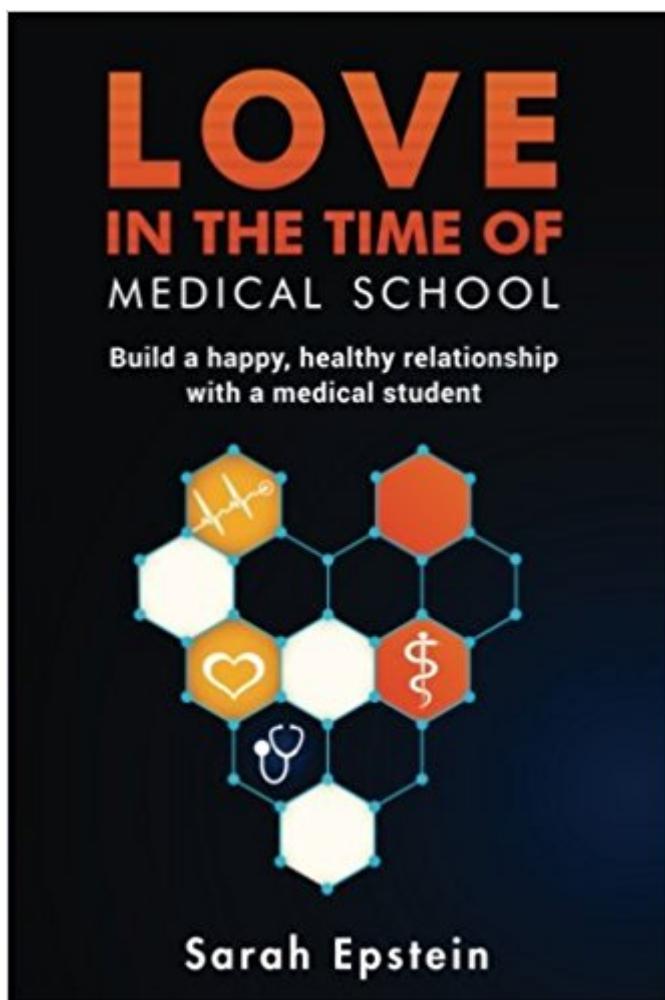


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# Love In The Time Of Medical School: Build A Happy, Healthy Relationship With A Medical Student



## Synopsis

Nobody told you how difficult it would be to date a medical student. Your partner endures long hours, endless exams, and unpredictable clinical rotations. They learn to speak a different language and are asked to dedicate themselves to training with single-minded focus. And you? You work hard to pursue your goals while taking care of yourself and your relationship. I wish somebody had told me what to expect and how to maintain a happy, healthy relationship while dating a medical student. Nobody told me those things, but I'm here to tell you. I scoured research about medical couples, interviewed almost two dozen other medical partners, and drew from my experiences to bring you this book. How do successful medical couples do it? I'll show you. Learn how to...

- Contend with medical school's demanding, unpredictable schedule
- Avoid medical couples' most common pitfalls and arguments
- Build robust support systems and reframe time spent alone
- Build new communication habits and utilize the power of small gestures
- Pursue your goals and support your partner.

You've struggled long enough. It's time to improve your relationship.

## Book Information

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## Customer Reviews

Sarah Epstein is a marriage and family therapy intern, author, and international speaker. She dated her husband Brian through medical school, where she did not lose her sanity or dump him thanks to productive relationship strategies. She and Dr. Husband live in Philadelphia where she is a master's student at Thomas Jefferson University and he is an emergency medicine resident.

Sarah blogs about medical relationships at [Datingmed.com](http://Datingmed.com). When she is not writing or seeing clients, Sarah loves to paint, cook, and listen to Brian's stories about working in the emergency department. She is an avid traveler and has traveled to 23 countries since 2010, most recently presenting at an international family therapy conference at Oxford University. Brian and Sarah occasionally spend time together between Sarah's clinical work, Brian's clinical work, and laundry.

As the wife, years ago, of a PhD student, and currently the mother of a medical student, I found Sarah Epstein's book to be a concise little treasure. The minute you think you might be falling for a med student, or certainly if you already have, run- don't walk! and buy this book! Even if the love of your life is not a medical student, Sarah offers invaluable relationship wisdom everyone can grow and benefit from. Her book is written with humor and a light touch, while packed with insightful and top-grade advice.

While many books have you sifting through pages of prescriptive how-to's, reading this one truly feels like talking to a friend. Sarah openly shares her own experiences of dating a med student, while also walking you through many of the technicalities and details of the med school process to help you navigate it and know what to expect as you support your partner through it.

Sarah's choice to explore the med school process from the perspective of the student's partner is unique and refreshing, as she helps you recognize that it is okay (and in fact totally normal!) for you to struggle and experience the strain of med school on your relationship as your partner goes through it. You'll find yourself nodding along in agreement with Sarah's stories, and taking mental notes from her tips on improving communication to maintain a healthy relationship through the ups and the downs.

I recently attended a Significant Others orientation at my boyfriend's medical school and almost instantly felt overwhelmed. This book helps to provide coping mechanisms for both you and your med student. This book also addressed a lot of the feelings that I've been unable to vocalize, but constantly feel pressure about: feeling dumb in comparison to the medical lingo surrounding you, feeling as though your career choices are less significant, balancing where the majority of sacrifice or come from in the relationship, etc. I'm excited to implement what I learned, and hopefully keep a strong and healthy relationship over these next four years. P.S. I love the light humor that helped make dense topics more bearable. :)

Although I'm not dating a medical student, I am a couple and family therapist as well as in a relationship myself in which my partner is not always around because of work. Besides being exceptionally well written, I believe this book offers strategies that can be generalized to fit any relationship. It contains helpful advice for making any sort of big decision with your partner as well as maintaining healthy communication with each other when schedules don't match up or there is a distance. The book includes many examples and tips for how to examine the dynamics of your relationship and how each partner contributes to them, as well as how to communicate about those dynamics. A very beneficial read!

As someone with a chronic history of dating medical students, I wish I'd had this book several years ago! Dating anyone in a high-stress profession can be stressful and at times, daunting, but understanding the unique world that med students operate within is definitely its own challenge. Sarah does a great job at balancing useful information, humorous and poignant anecdotes, and thoughtful, friendly advice, and it's a pleasure to read. It's also applicable even for someone now dating a non-med student - so many of the tactics and communication mechanisms (basically, everything about being a "communication ninja") can be applied to any relationship. Highly recommend, for you or anyone you know dating a med student!

A MUST read for ANY couple!! Although it was written for relationships with medical students, it was replete with insight for ANY relationship! It carefully navigates the course for a healthy, mutually rewarding relationship. I bought it for a friend and read it first. WHOA!!! I found tidbits of advice that benefits ANY couple!! The benefit of a therapist's advice for under \$20--buying it for ALL my friends!!

This book should be required reading for anyone going into medical school, as well as for anyone who's dating or considering dating someone in medical school. The book is chock full of wonderful advice from start to finish, and Sarah's light approach and sense of humor in dealing with a very serious personal topic makes it feel like you're having a conversation with her, rather than reading her book. To be honest, this book should be read by any couple who is looking to build a future together. I highly recommend this book!

This book was wonderful! I was so glad to find an easy read which highlighted all of the obstacles

that one can face when dating in med school. Not only was the book full of great advice, but it also provided essential information about what to expect throughout the 4 years of medical school, some of which was even helpful for my boyfriend who is in his 2nd year. I greatly recommend this book; fun and easy read!

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