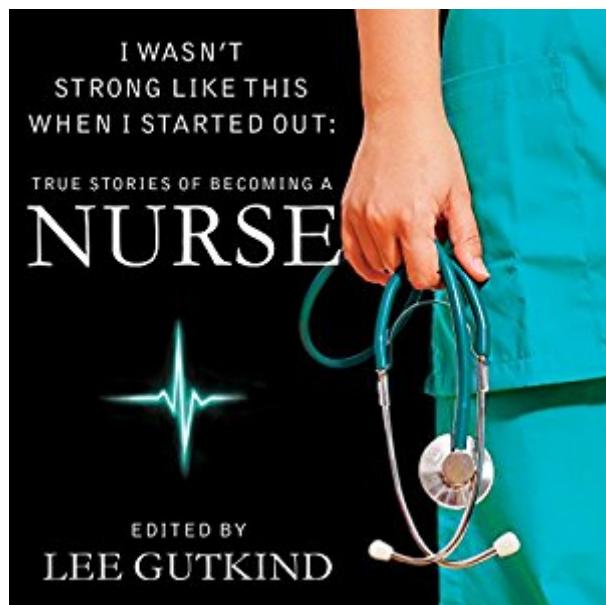


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# I Wasn't Strong Like This When I Started Out: True Stories Of Becoming A Nurse



## Synopsis

I Wasn't Strong Like This When I Started Out, a collection of true narratives, reflects the dynamism and diversity of nurses who provide the first vital line of patient care. Here, nurses remember their first "sticks", first births, and first deaths and reflect on what gets them through long, demanding shifts and keeps them in the profession. The stories reveal many voices from nurses at different stages of their careers: One nurse-in-training longs to be trusted with more "important" procedures while another questions her ability to care for nursing home residents. An efficient young emergency room nurse finds his life and career irrevocably changed by a car accident. A nurse practitioner wonders whether she has violated professional boundaries in her care for a homeless man with AIDS. And a home-care case manager is the sole attendee at a funeral for one of her patients. What connects these stories is the passion and strength of the writers who struggle against burnout and bureaucracy to serve their patients with skill, empathy, and strength.

## Book Information

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## Customer Reviews

This collection of essays really nails the essence of nursing. While there are essays about the "big two" of nursing--birth and death--there are also wonderful essays about the mundane but critical spaces in between. The nurse-writers reveal themselves to be competent, intelligent, caring, conflicted, and compassionate. The writing is very high quality and reveals a diversity of experience. As a nurse of 25 years, I can say that this book illuminated the spectrum of thoughts and feelings that I myself have had as a nurse. This would make a great gift to someone graduating as a nurse.

or contemplating becoming a nurse, but I recommend it for anyone who loves a good read about life. I'd love for doctors, administrators, and policymakers to read this collection. Nurses make the difference.

My Mother recently passed, after over two months in the hospital and a few days in hospice. I was fortunate to be able to temporarily leave my job to be with her and got to know some incredible nurses, who helped immeasurably in preserving her quality of life (whatever that was as she was dying from cancer and suffering from dementia.) One CNA, in particular, came to her bedside at the beginning of her every night shift, eliciting a response like that of a kid on Christmas morning woken by Santa Claus. This whole experience made me wonder how these wonderful nurses developed their empathy and understanding, while remaining sufficiently detached to be good clinicians. This book answered my questions better than I could have ever expected. I call it only a tough read because of my recent experience, but reading it was an uplifting, life-affirming experience.

All in all, this is a pretty solid book and compelling read about what it takes to be a nurse. After reading this, I can tell that nursing is not the career for me, and I admire nurses all the more so for being able to handle all the trials and tribulations that they deal with on a daily basis. The title of the book nicely sums up the stories, which all generally feature high quality writing. Will this book ever be up for a literary award? Probably not. But it's definitely a good way to get a peek into this profession, and once I started the book, I couldn't put it down until I had finished it - I read straight through the night.

Great book. Kept me up too late already, because I had trouble putting it down. As a nurse, I found myself nodding in agreement, laughing, and sometimes crying. It's wonderful insight into the challenges and triumphs of nursing.

This is an amazing selection of essays written by nurses, ranging from fears of newly-trained nurses, to the reflections of those with decades of experiences. I will never look at a nurse the same again. That said by a physical therapist who has worked along side nurses and already appreciate their risking their own health and wellness while caring for others, usually in an over-worked, under-paid environments. In addition, I suggest this book as a must-read, for patients, family members, and other caregivers so we can all improve in our care and comfort of others.

I'll be a junior nursing student in the fall, so I thought it'd be nice to read some stories from nurses. Some stories were very touching and had me tearing up. It really emphasizes the compassion and humility of nurses. Some stories I found to be boring. It doesn't really have any direct advice (some stories did seem to have a lesson to be learned), but the stories were still interesting. It was comforting to read about others experiencing some frustrations in nursing that I have experienced as a nurse aide and at my clinicals because I could relate. Overall, it was a great book and I would recommend it.

True stories about experiences of becoming a nurse and the "eye-opening" or life-changing moments that have helped them to ultimately be better nurses. Great to vicariously experience their truths.

This is a true portrait of nursing. These nurses describe the feelings both positive and negative that I encountered during my 22 years of practice. There is an overwhelming feeling of fear as a new graduate which becomes an overwhelming respect for the profession as one grows in knowledge and incite. So well written. I loved this book.

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