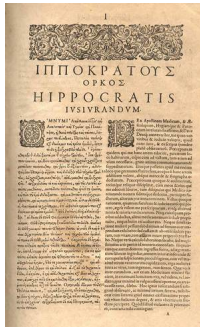


LESS IS MORE - = + MEDICINE

HOME DISCOVER **ACT** BLOG [FRANÇAIS] ABOUT

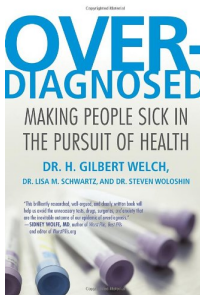


If you are interested in the Less is More approach, you may already be providing or seeking healthcare at least somewhat in this way. But you might also be wondering: "what more can I do?"

A good first step is to get reading! Other than the articles highlighted on this site, or exploring the websites of various projects to do with Less is More, there are some really good books on the subject.

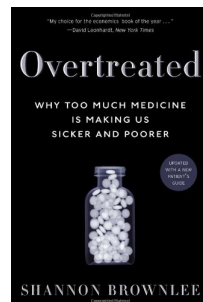
From problems in the system to how to 'talk to your doc,' to the philosophy behind what we do in medicine, the books below cover the gamut. (This site has no affiliation with Amazon - it was merely convenient to make the list below, which is in no particular order). Some of these books are better backed by evidence than others; I have not read them all but invite you to explore them.

In no particular order, books on overdiagnosis, medicalization, cognitive bias in medicine, industry perversion of health care, coping with and thinking about risk, and accurately applying evidence to medicine are listed below:



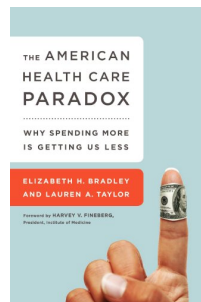
Overdiagnosed: Making People Sick in the Pursuit of Health

By H. Gilbert Welch, Lisa Schwartz, Steve Woloshin



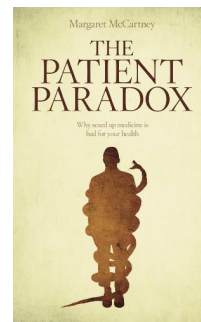
Overtreated

By Shannon Brownlee



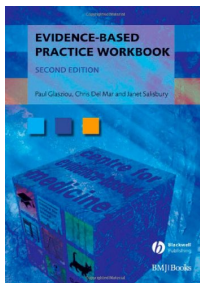
The American Health Care Paradox: Why Spending More is Getting Us Less

By Elizabeth H. Bradley, Lauren A. Taylor



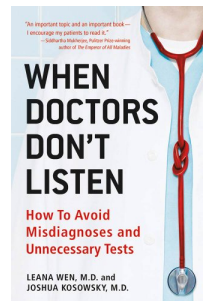
The Patient Paradox: Why sexed-up medicine is bad for your health

By Margaret McCartney



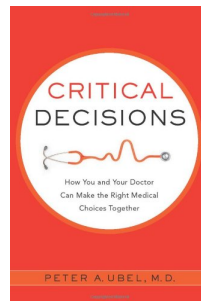
Evidence-Based Practice Workbook

By Paul P. Glasziou, Chris Del Mar, Janet Salisbury



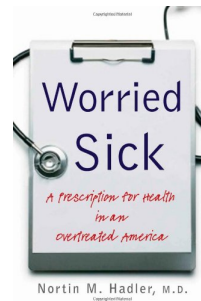
When Doctors Don't Listen: How to Avoid Misdiagnoses and Unnecessary Tests

By Leana Wen, Joshua Kosowsky



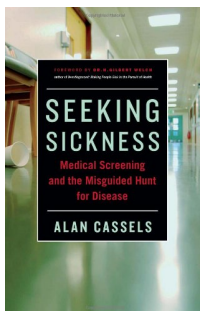
Critical Decisions: How You and Your Doctor Can Make the Right Medical Choices Together

By Peter A Ubel



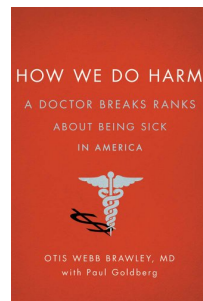
Worried Sick: A Prescription for Health in an Overtreated America

By Nordin M. Hadler



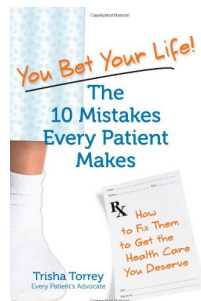
Seeking Sickness: Medical Screening and the Misguided Hunt for Disease

By Alan Cassels



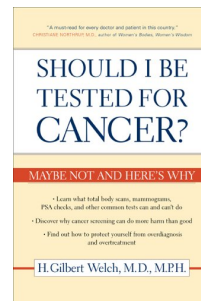
How We Do Harm: A Doctor Breaks Ranks About Being Sick in America

By Otis Webb, MD Brawley, Paul Goldberg



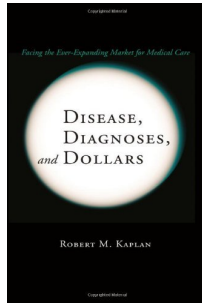
You Bet Your Life!: The 10 Mistakes Every Patient Makes: How to Fix Them to Get the Healthcare You Deserve

By Trisha Torrey

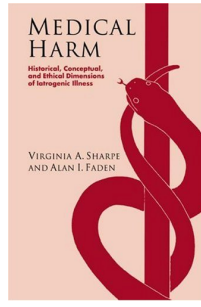


Should I Be Tested for Cancer?: Maybe Not and Here's Why

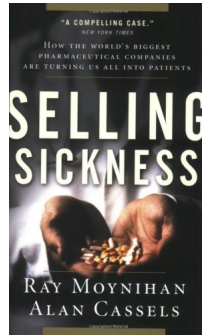
By H. Gilbert Welch



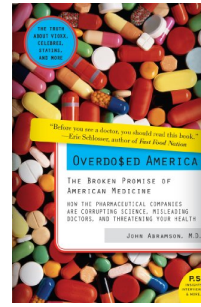
Disease, Diagnoses, and Dollars: Facing the Ever-Expanding Market for Medical Care
By Robert M. Kaplan



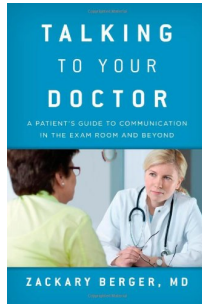
Medical Harm: Historical, Conceptual, and Ethical Dimensions of Iatrogenic Illness
By Virginia Ashby Sharpe, Alan I. Faden



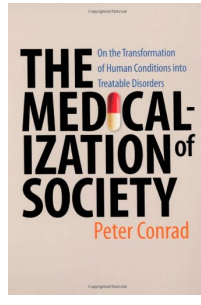
Selling Sickness: How the World's Biggest Pharmaceutical Companies are Turning Us All Into Patients
By Alan Cassels, Ray Moynihan



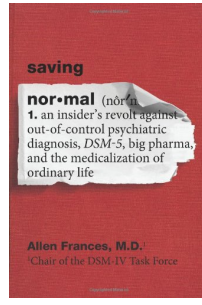
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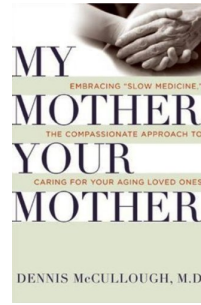
Talking to Your Doctor: A Patient's Guide to Communication in the Exam Room and Beyond
By Zackary Berger



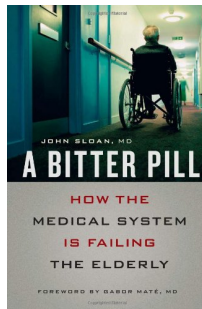
The Medicalization of Society: On the Transformation of Human Conditions into Treatable Disorders
By Peter Conrad



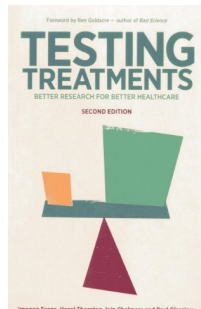
Saving Normal: An Insider's Revolt Against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life
By Allen Frances



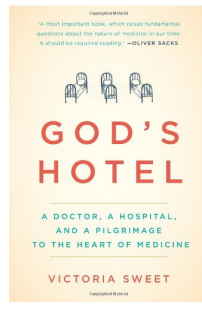
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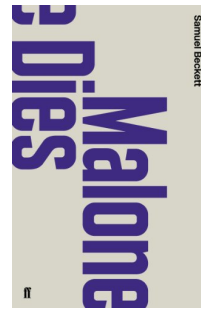
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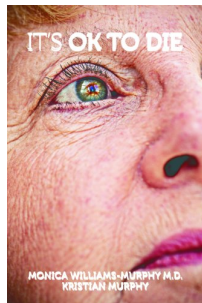
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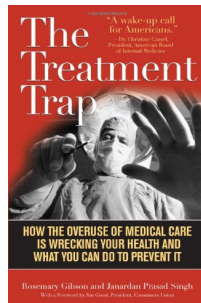
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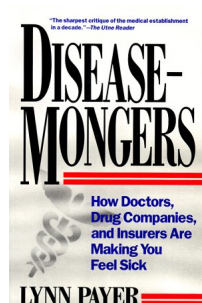
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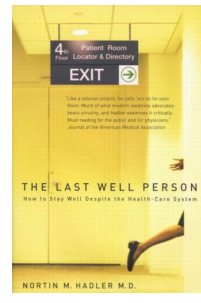
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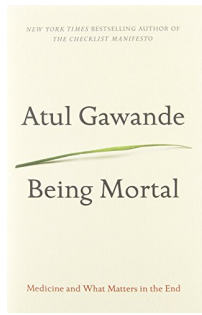
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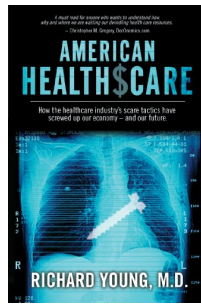
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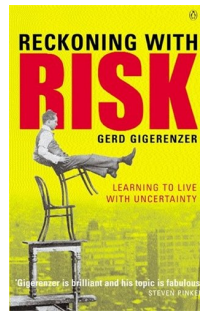
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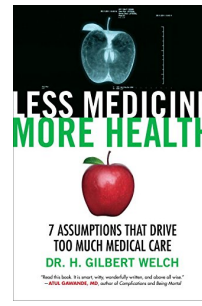
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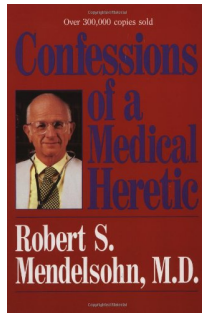
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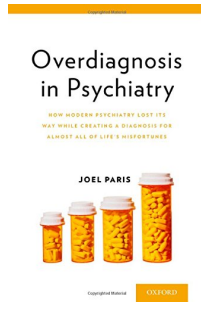
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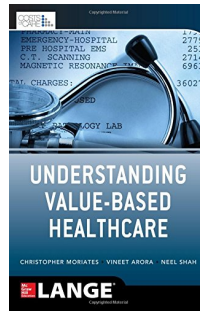
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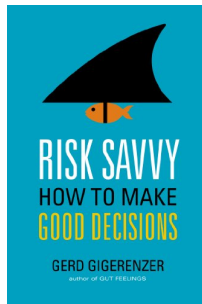
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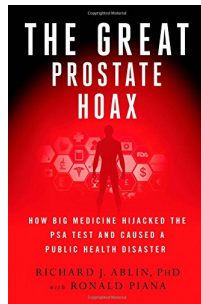
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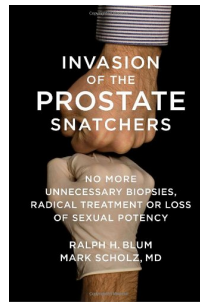
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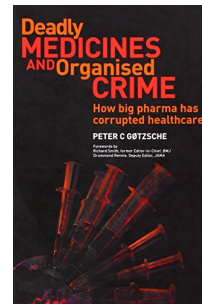
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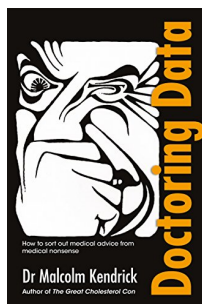
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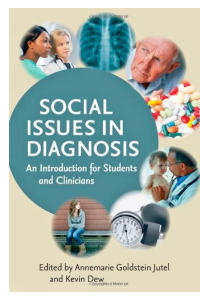
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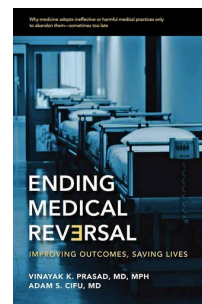
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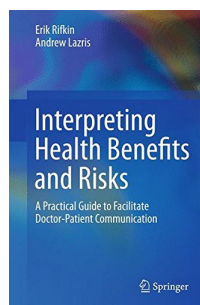
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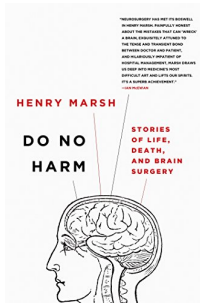
Social Issues in Diagnosis: An Introduction for Students and Clinicians
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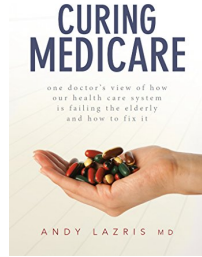
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A Practical Guide to Facilitate Doctor-Patient Communication
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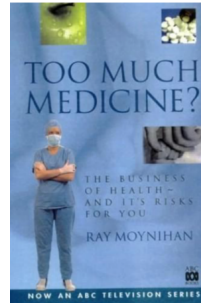


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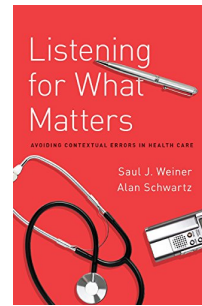


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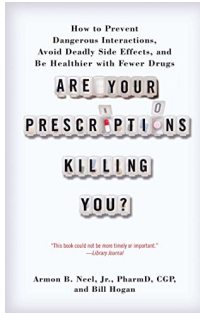
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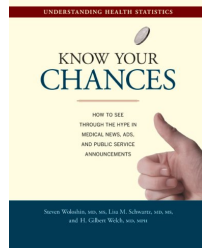
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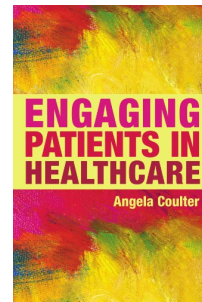


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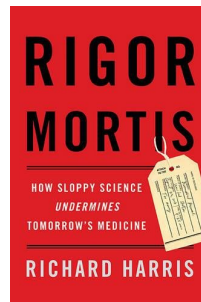
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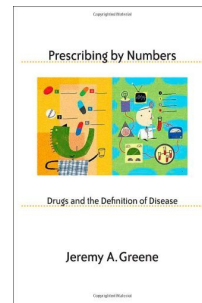
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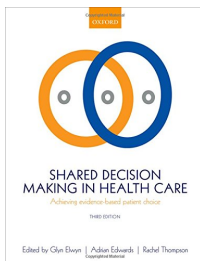
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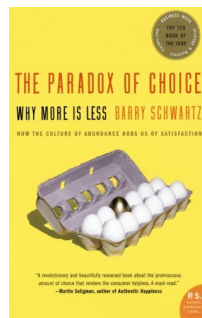
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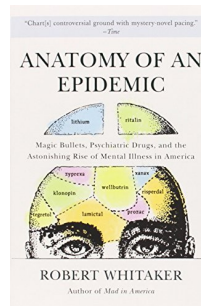
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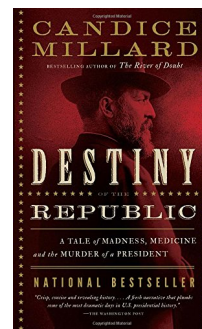
Shared Decision Making in Health Care: Achieving evidence-based patient choice
Oxford University Press



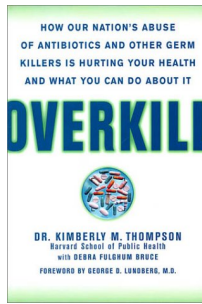
The Paradox of Choice: Why More is Less
By Barry Schwartz



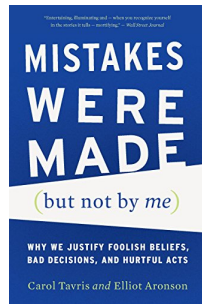
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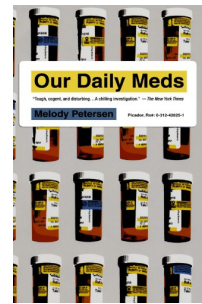


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By Kimberly Thompson, Debra Fulghum Bruce Ph.D.

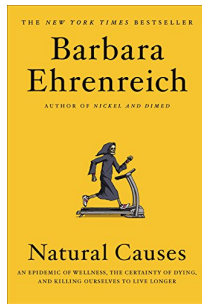


Mistakes Were Made (But Not by Me): Why We Justify Foolish Beliefs, Bad Decisions, and Hurtful Acts
By Carol Tavris, Elliot Aronson

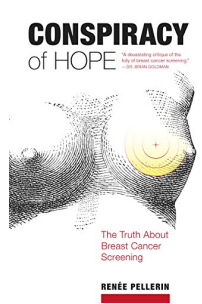
Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America
By Robert Whitaker



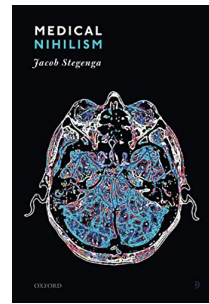
Our Daily Meds: How the Pharmaceutical Companies Transformed Themselves into Slick Marketing Machines and Hooked the Nation on Prescription Drugs
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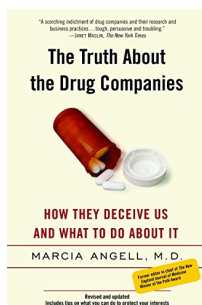
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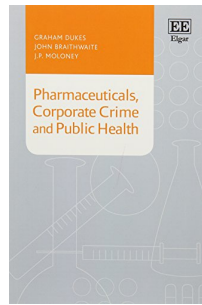
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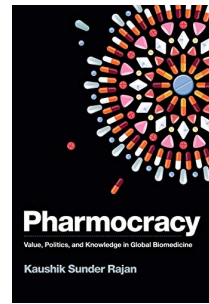
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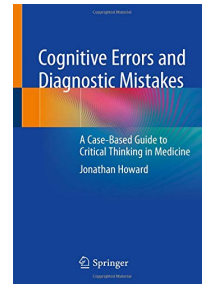
The Truth About the Drug Companies: How They Deceive Us and What to Do About It
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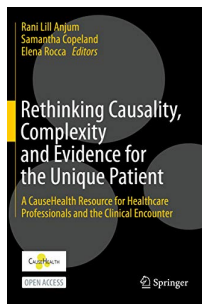
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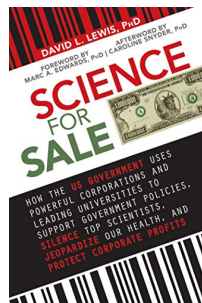
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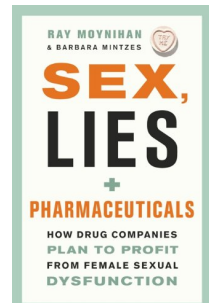
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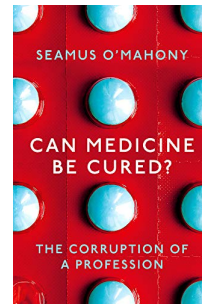
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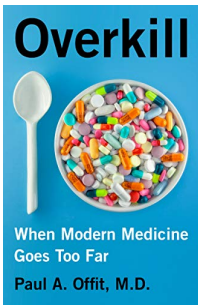
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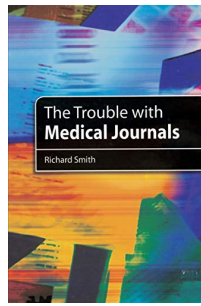
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