

affective change. From his clinical experience, empowering people to be present in themselves, to listen to their intuition and to the messages their emotions bring, and to respond appropriately, helps people reduce their symptoms, sometimes dramatically.

He shows us several approaches to this positive approach in a conversational coaching style. He acknowledges that nutrition is also important for fatigue.

If you are looking for a readable introduction to some principles and coaching tools of mind-body medicine to empower your patients, this book is a great start.

To explore the important biochemical and nutritional aspects of chronic fatigue further, I would suggest Dr Sarah Myhill's *Diagnosis and Treatment of Chronic Fatigue Syndrome and ME: It's Mitochondria, Not Hypochondria*. Dr Myhill has successfully treated many athletes and others.

The whole area of mind-body health is important as society moves towards empowering individuals into personal responsibility for health.

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DOI: <https://doi.org/10.3399/bjgp18X695621>

Why We Revolt: A Patient Revolution for Careful and Kind Care

Victor Montori

The Patient Revolution, 2017, PB, 174pp,
£9.70, 978-0999394816



NO CARE IN HEALTH CARE

Victor Montori is a highly regarded endocrinologist and Professor of Medicine at the Mayo Clinic in the US. In this book he distils his important ideas, years of experience, and hundreds of publications into a series of heartfelt and personal essays exploring the state of modern medicine and his thoughts on why and how things need to change. Using patient stories and poetic language, this book lays bare the failings of industrialised medicine. Although much of the book is centred on the health service in the US, the

themes of greed, cruelty, and burden will be unnervingly familiar to clinicians around the world. By focusing on patients and their stories, we see through their eyes the impact that a broken healthcare system has on the lives of those we seek to help, and we can't fail to be left dismayed and disheartened. But this is a book of optimism, of hope, and of the future. After illustrating the problems we face, we are guided through a series of short and thematically linked chapters to an elegant and achievable solution. Health care has stopped caring, but this book allows us to see that, through the compassion and kindness of individuals, patients and clinicians can rediscover the remarkable power of caring.

The book challenges us, and our patients, to use its ideas as a call to arms — to start a revolution for careful and kind care. Beautifully written, with an elegantly simple and thought-provoking message, I recommend it wholeheartedly, and, once you have read it, pass it on to someone else. We need a change in health care, and this may be the answer.

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DOI: <https://doi.org/10.3399/bjgp18X695633>

