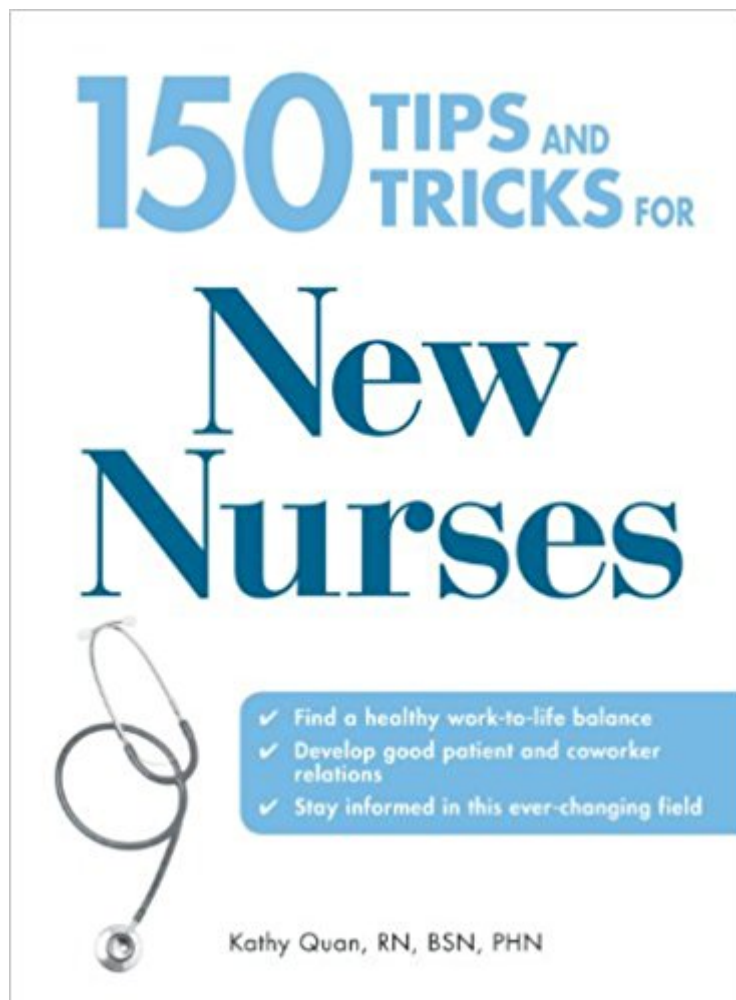


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# **150 Tips And Tricks For New Nurses: Balance A Hectic Schedule And Get The Sleep You Need...Avoid Illness And Stay Positive...Continue Your Education And Keep Up With Medical Advances**





## Synopsis

With long hours, huge responsibilities, and average pay, nursing is often as challenging as it is rewarding. By teaching new nurses what to expect, how to get what they want, and how to succeed in today's medical environment, this book is the one-dose treatment to prevent burnout. Written in an easy-to-read, direct, and honest way, this helpful handbook will teach new nurses what they didn't learn in nursing school. Veteran R.N. Kathy Quan offers readers information on how to: balance a hectic new schedule (for work, sleep, and life) deal with doctors avoid illness themselves continue education while working cope with death of patients (the first time, and after) and more With this book, nurses get real-life advice on how to cope, perform, and excel in their field--one shift at a time!

## Book Information

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## Customer Reviews

...As everything else in this book is really a brief hit on all of the vaguest info related to becoming a nurse covered during the rest of nursing school/ college. As a new grad, I was disappointed not to find any actual Tips or Tricks. Things like "take care of yourself", "network", and "get organized" aren't the inside info I was hoping for when I made this purchase.

I feel like this book was a waste of money, and I keep picking it up to read, therefore it's also a waste of time. I wanted to get at least one or two tips from the 150 the author claims to provide to us. Unless you have been living under a rock, none of this is great information. Buy a good pair of shoes, really? Duh.

After being in the wonderful field of nursing for 22 years....how refreshing to see things layed out so completely and so easy to comprehend. Great resource for all nurses but most especially the new nurse. Full of tips, hints and tricks of the trade. Makes me proud to be one of the heroes in the field of nursing. Thank you for the reminder.....

This book is almost identical to The Everything New Nurse Book. Same author. Same content. Different title. Only buy one of these Quan books. The Everything New Nurse Book is a bit longer. Both are easy reads.

Great book and timely information for new RN grads. I give this a 4 star instead of a 5 star because there are some pages where certain statements or paragraphs are repeated word for word on some pages. But overall I am very glad I got this book. It helps allay anxiety and fears about starting out as a new RN. It also provides pointers for self-check, attitude, behavior, and career advancement. I would say this is a must have book. Price was great and delivery was fast. I would definitely recommend to a friend.

I bought this book to use while I was orientating new nurses. I gave the book to each new orientee to borrow within the first week. There has been nothing but praise.

I'm still in the process of reading it, but so far, so good! I'm a nursing student and plan on adapting these useful tips!

Gift for a friend who graduated from LPN school, she loves it, handy lil book that gives you many tips and tricks about being a new nurse that you won't find in your text books from nursing school.

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(Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution)  
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