



Medical memoirs – from *The Times*

This is Going to Hurt by Adam Kay

Adam Kay's uproarious account of his time as a junior doctor is out in paperback. All sorts of cringe-inducing goings-on. Christmas lights in unexpected orifices and a "degloving injury" are just the start.

The Language of Kindness by Christie Watson

This moving book shows that NHS nurses are heroes: they hold dying babies, accompany small children into surgery and prepare dead bodies for relatives to see. It makes for tough, but inspiring reading.

Do No Harm by Henry Marsh

In this memoir the brain surgeon Henry Marsh looks at his triumphs and failures: how many patients' lives has he wrecked in operations that went wrong, he wonders. He's also caustic about the state of the management-ridden NHS. He wrote a follow-up called *Admissions*.

War Doctor by David Nott

The war surgeon David Nott has performed surgery in bombed-out hospitals and under the watchful gaze of Isis fighters. Once in the Congo, a friend back home guided him through an arm amputation by text.

All that Remains by Sue Black

The forensic anthropologist Sue Black's job is to identify corpses. She has seen her fair share of dead bodies. There are lots of grisly facts in this book, including how best to dispose of a dead body if you've just murdered someone.

Fragile Lives by Stephen Westaby

The heart surgeon Stephen Westaby regards his patients as puzzles, not people. It's an attitude that has served him well when he is wielding the scalpel. As this bluff memoir records, he has performed 12,000 heart operations.

Adventures in Human Being by Gavin Francis

Gavin Francis pulls together art, literature and real-life experience on an A&E ward in this series of essays on body parts. Learn why the ancient Babylonians thought livers could tell the future and why having a machine pump your blood during surgery can change your personality.

Somebody I Used to Know by Wendy Mitchell

An extraordinary memoir by someone who suffers from Alzheimer's disease. Wendy Mitchell recounts her daily struggles not just with forgetfulness, but also hallucinations and panic. Post-it notes, iPad alarms and copious amounts of tea help her to soldier on in this strange new world.