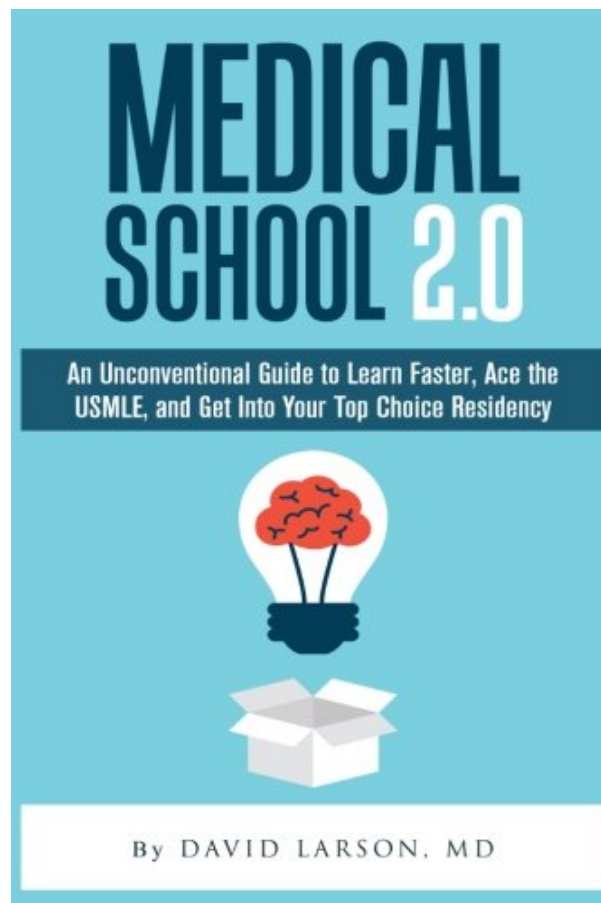


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About the Author

David Larson, M.D. is an integrative medicine physician, leadership seminar facilitator, and life hacker. He studied business at Brown University before spending a year in Spain on a Fulbright Fellowship and then working in rural India in the public health sector. He then attended USC School of Medicine and graduated with highest distinction, earning the Alpha Omega Alpha merit scholarship. He is currently in his final year of postgraduate medical training at UCSD, pursuing 3 residencies in Family Medicine, Psychiatry, and Integrative Medicine.

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- How Dave, a medical student with below-average SAT and MCAT scores used these techniques to go from spending 16 hours a day on medical school and getting a “C” average to spending 1-3 hours a day on medical school and getting the top academic honors, 99.7th percentile on USMLE Steps 1 and 2, induction into the AOA honor society, and getting into his top choice residency in his top choice location, all the while enjoying the process of learning and having plenty of free time to enjoy life outside of medical school.
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- How to structure and schedule your study sessions and your “work days” to maximize your learning potential.
- What to eat and drink to fuel your brain to form and maintain solid long term memories of what you’re learning.

This book is the result of hundreds of hours of research interviewing top-performing medical students across the USA to deconstruct the strategies behind their success, researching and integrating the latest science of how our brain’s learn, and then distilling the final product into a group of practical, simple, and extremely high yield tools and tricks to both maximize your mind’s learning output, to enjoy the process of learning, and to have the time to follow your dreams in medical school and beyond. These are the same strategies that the author used in medical school, continues to use now, and has taught to hundreds of other students who have achieved even better results.

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17 of 20 people found the following review helpful.

The 4-hour workweek of medical school

By Benjamin

This is the approach to medical school as if written by Tim Ferriss, which is fine. It conforms to the convention of the genre with lots of verbage and bombastic excitement for what amounts to a small amount of real material. Limit your resources, use flash cards and spaced repetition, and don't let your overachieving peers drag you down. It's the "life-hacking" approach to studying, but the book includes exactly 0% of the other parts of medical school outside of studying: any real specifics about study resources, summer after first year, anything specific to the boards, *anything* about clerkships, *anything* about applying for residency, etc etc. This is just about how to study. If you want to know about medical school itself, you'll have to look elsewhere. The nutritional pseudoscience and wellness stuff is also +/-.

If you need someone to help you orient your mindset, then this book will do the trick. And the study methods are fine, but while the "typical" medstudent Larson refers to does exist (the "gunner"), it's a bit of a straw man to compare his method against. Most people I knew in med school where nothing like what he describes.

I also am not a big fan of the numerous five star reviews blatantly from family and friends, including what looks like one of Larson's grandparents. Cheapens the book.

4 of 4 people found the following review helpful.

Grateful for this helpful guide

By Nathan Loudon

This book was incredibly useful to me! I know that some of the reviews on here are the authors friends, I have no connection to the author whatsoever. I only found the book through my research into crafting an efficient study method for med school. I am about to enter into my first year so I can't vouch for the effectiveness of the methods as of yet, but if nothing else I have received from this book a great foundation on which to build my own personal practice for studying in med school while seeking to maintain a balanced life. The book also really helped me define and refine my personal goals.

The one flaw with this book is that it is riddled with typos and grammatical errors. Even one instance of the cardinal sin of using the wrong "you're." I think that the author should have had some more people proofread his book before publishing it. That being said, I am leaving the review five stars because I would never want people to be put off from reading this supremely helpful book because of a few grammatical issues. Dr. Larson, if you are reading this review, you should come out with a Medical School 2.1 which resolves these little issues :).

4 of 4 people found the following review helpful.

Great for new med students!

By Amazon Customer

Really wish this had been out when I was in school! I'm now in residency, so unfortunately didn't get to use this when I was in class. But after hearing some folks talking about it in the hospital I checked it out and am now giving it to a friend as an Xmas gift. Definitely recommend for anyone starting med school!

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