

INTELLIGENCE INSIDER

Your Oxford Health Libraries' monthly newsletter



Oxford Health
Libraries

In this issue:

- ◆ The War of Art
- ◆ Cotswold House Reading Group
- ◆ Books written by OHFT staff
- ◆ JD Rotations

The War of Art - book club discussion.

In June our book club gathered to discuss [Steven Pressfield's "The War of Art."](#) This book dives deep into the concept of 'resistance' a force that prevents us from achieving our personal or creative goals. Pressfield identifies this resistance as the inner barrier that holds us back from pursuing our true passions, emphasising its pervasive presence in every endeavour, from learning a new hobby through to writing that first novel.

In the session, we examined the nature of resistance and how it manifests in our daily lives. We began by touching upon Pressfield's approach to overcoming resistance, which is notably 'Americanised,' characterised by a direct, no-nonsense tone that encourages

readers to confront their inner obstacles head-on. This led us to explore the cultural implications of his advice, and whether it resonated differently depending on one's background and personal experiences.

We then moved on to the differences between masculine and feminine approaches to discipline. The masculine approach often involves a structured, disciplined regimen aimed at conquering 'resistance' through sheer willpower and determination. A feminine approach, might lean towards a more intuitive, nurturing process, allowing creativity to flow more naturally without the harsh self-critique.

Various books were recommended that support this, such as [The Artist's Way by Julia Cameron.](#)

Interestingly, many of us found that blending these approaches could be more effective, balancing the rigour of discipline with the fluidity of intuition. This holistic view aligns with Pressfield's ultimate message: the importance of showing up every day and doing the work, regardless of how resistance manifests itself! Overall, it was a very deep and meaningful discussion and I am sure that everyone felt as though we knew each other a little bit more once it had concluded - one even described it as akin to a therapy session!

Moving forward, our next Microsoft Teams book club sessions will be on Thursday 29th August and Thursday 5th September, both at 14:00. We will be discussing Adam Kay's **This is Going to Hurt: Secret Diaries of a Junior Doctor**. This memoir is darkly humorous and reveals the gruelling realities and emotional tolls of life as a junior doctor in the NHS, told through Kay's candid diary entries. To book your place on these sessions and find out more, please email library.enquiries@oxfordhealth.nhs.uk



Tom Rogers

Senior Assistant Librarian



Anna Giemza
Occupational Therapy
Technical Instructor

Reading Group at Cotswold House

Hello, my name is Ania, and I'm working as an Occupational Therapy Technical Instructor in Warneford Hospital, with young adults/adults with eating disorders.

I created a Reading Group a few months ago, and luckily, I got immediate help from Laura and Tiziana, from the Warneford Library.

I thought that it would be a great distraction for our patients, and an opportunity to learn for all of us.

Now it's our third book, 'The Darling Buds of May', and we all love to gather in the hospital garden once weekly, have a discussion, and also exchange our points of view.

Thanks to that, I can build a therapeutic relationship with patients, occupy them, and we can bond with each other.

I recommend to any Trust Team, to consider creating a Reading Group, because everybody can feel benefits from this idea.

Ask how to set up one at library.enquiries@oxfordhealth.nhs.uk.



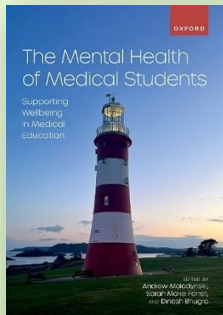
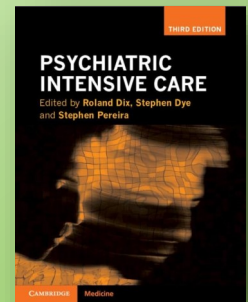
Helen Hinchcliffe,
Assistant Librarian

OHFT Staff Books

The library is keen to add to stock any books which are authored by, or have contributions from, OHFT staff. Please let us know at library.enquiries@oxfordhealth.nhs.uk if you have any work due to be published.

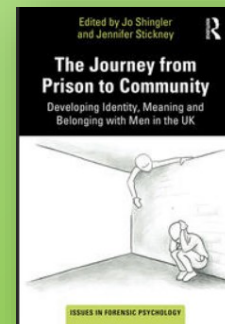
Titles recently purchased with Trust authors/contributors are:

Psychiatric intensive care / Edited by Roland Dix, Stephen Dye and Stephen Pereira. 3rd edition, 2024.



The mental health of medical students: supporting wellbeing in medical education / Edited by Andrew Molodynski, Sarah Marie Farrell and Dinesh Bhugra. 2024.

The journey from prison to community: developing identity, meaning and belonging with men in the UK / Edited by Jo Shingler and Jennifer Stickney. 2024.



New Doctor Rotation



Online access to medical and healthcare books from Oxford University Press

NHS staff and students on placement in England have access to over 240 Oxford University Press medical and healthcare books online, including specialist handbooks, textbooks, emergency guides, and more. Titles are available courtesy of NHS England.



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The next edition will be published in August 2024.