



Reviews/Testimonials

Letters to a Young Pharmacist: Sage Advice on Life and Career from Extraordinary Pharmacists

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[REVIEWER'S EXPERT OPINION]

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Description

This is a unique compilation of writings by experienced and accomplished practitioners in the field of pharmacy that offers invaluable advice on how to manage a young professional's pharmacy career, and the end result does not disappoint.

Purpose

This is a guide to navigating the professional challenges and opportunities pharmacists encounter. While pharmacy education is comprehensive and rigorous, there is no formal training on how to manage one's pharmacy career. This book fills the gap and offers practical advice for young pharmacists. The authors are willing to share their own heartfelt stories with the hope their experience can help new professionals. The book is captivating and provides invaluable lessons. As a practicing pharmacist, I agree with many of the sentiments shared by these extraordinary pharmacists. This wisdom can certainly help young pharmacists embark on a successful career path.

Audience

The letters are written specifically for young pharmacists or for pharmacists seeking a new career path. However, the book is interesting for any pharmacist regardless of their experience. Perhaps the key is that readers be open-minded and determined to become successful leaders in the profession. This is a prevailing theme of the book: that all pharmacists are in a position to lead and to effect change. In order to do so, one must be motivated to accept various opportunities as they arise. Another common theme is the importance of mentoring and teaching other pharmacists; these pharmacists are certainly willing to mentor in terms of sharing their personal stories.

Features

Perhaps what is most intriguing about this book is that it provides an insider's view of the life stories of 35 accomplished pharmacists from various settings. Much of the advice they offer comes only from personal experience or in very close, professional relationships. Therefore, the life lessons and secrets to success are essential to a young professional. Some of the topics they

cover include overcoming adversity and challenges, the importance of professional relationships and mentoring, working to effect change and finding the right job fit. Each chapter opens with the pharmacist's background and one key piece of advice. Their letters are written openly and discuss some very important strategies to succeed and to be happy as a pharmacist. Perhaps most importantly, all of the authors speak positively about the profession and the opportunities that lie ahead for their junior colleagues.

Assessment

I found this book an enjoyable and inspiring read, a must-have for new pharmacists hoping to be leaders in the field. Ever present themes are a passion for pharmacy, a motivation to effect change, and being true to one's professional and personal beliefs. Young pharmacists can learn critical life lessons, both good and bad, from those who have experienced them and have triumphed.

Weighted Numerical Score: 100 - 5 Stars!