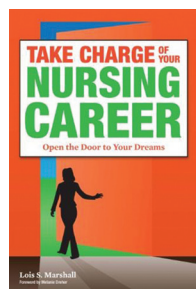


BOOKS

Take Charge of Your Nursing Career: Open the Door to Your Dreams. *Lois S. Marshall.* Indianapolis, IN: Sigma Theta Tau International, 2010, softcover, 142 pages, \$24.95.



One frequently hears that individuals will change careers at least three times during their working years. Unfortunately, many of these changes do not provide the anticipated satisfaction.

Nurses have a great deal of mobility in their profession but often do not have the needed guidance to make the right professional choices. Marshall, an educator and mentor for nurse graduates, provides a wealth of information for anyone considering a change in career. Seasoned nurses will benefit from the topics discussed in this book.

Marshall begins by asking the readers whether a career change is the right move in their lives and to define what a successful career is. Beginning with a self-assessment, the text asks nurses to evaluate their reasons for considering a change and to determine what they can offer to a potential employer. Perhaps a self-employment or entrepreneurial venture may be the right choice. The text offers practical information regarding the positives and negatives of starting a business that will help nurses considering this avenue of practice. An often overlooked aspect of a career change is the assessment of support groups. One should ask: Whom do I know? What kind of support is needed to make this change? Whom do I value and trust?

Marshall also discusses the need to evaluate educational level and determine whether advanced education is a necessary step in a career change. She provides basic but comprehensive information regarding available degrees and how to research the program that is right for each career move. Continuing education, specialty certification, or certificate programs often prove to be the best choice for some nurses. Choosing the correct steps hinges on the individual requirements of each nurse's desired position.

The right mentor can help nurses make the best career choice and help them through their career transition. The information presented in the book on choosing a mentor and the benefits of this relationship are valuable pieces of advice.

Many practicing nurses haven't updated a resume or interviewed for quite a while. This process can be very intimidating. Advice for dusting off and polishing resumes or curriculum vitae, searching for the position, and interviewing all are covered very well in this small volume. In addition, a chapter on negotiation is included near the end of the book. How can nurses make sure they are choosing the right career and organization? Going in with a well-prepared negotiation plan will help nurses understand the organizational climate and how they will fit into it.

Take Charge of Your Nursing Career is an enjoyable, easy read with volumes of pertinent information to get nurses thinking and prepare them for a change in their careers. With many articles and books geared toward the new graduate, this publication is perfect for seasoned nurses ready for a change.

Maria Nowicki, PhD, RN, is the associate dean in the Division of Nursing at Mercy College of Northwest Ohio in Toledo.

When Cancer Hits Home. *Patrick Maguire.* Hilton Head Island, SC: Coastal Carolina Publishing, 2010, softcover, 264 pages, \$16.95.



Written in straightforward language, *When Cancer Hits Home* is a valuable resource that provides scientific information for anyone who wants to learn more about reducing the risk of cancer as well as how various cancers are diagnosed and treated. Although the book is intended for the lay person, it may be a practical resource for general healthcare providers such as nurses, medical students, or primary care physicians.

The book is divided into two sections. The first describes ways to decrease cancer risks, whereas the second outlines diagnosis and treatment of 20 common cancer types. As opposed to a medical

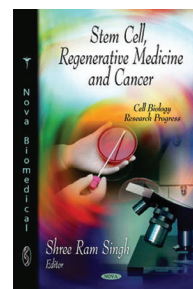
text book, the second section provides personal accounts of patients diagnosed with each of the 20 cancers and gives a realistic view of what challenges one may face when diagnosed with cancer. Maguire cites research studies and clearly summarizes findings for both professionals and the lay person.

This text would be a useful addition to a cancer library or resource center. Professionals may find the book helpful as a guide for patient teaching, and the extensive reference list also is valuable.

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NEW RELEASES

Stem Cell, Regenerative Medicine and Cancer: Cell Biology Research Progress. *Shree Ram Singh (Ed.).* Hauppauge, NY: Nova Biomedical, 2011, hardcover, \$195.



Of the estimated trillion cells that make up the human body, only a small number can self-renew and give rise to many different cell types. These unspecialized cells are called stem cells. Stem cell division and differentiation is fundamental to the development of the mature organism. Stem cells have recently attracted significant attention largely because of their potential medical benefits in the fields of therapeutic cloning and regenerative medicine. Because stem cells can become many specialized types of cells of the organs, they have the potential to treat many diseases, including Alzheimer disease, Parkinson disease, type-1 diabetes, spinal cord injury, stroke, burns, heart disease, osteoarthritis, and rheumatoid arthritis. This book focuses on the application of stem cells in regeneration and repair of the organs in disease and aging.

Cancer Biomarkers. *Helen C. Kristoff (Ed.).* Hauppauge, NY: Nova Biomedical, 2011, hardcover, \$129.

The anticipation of the biologic and clinical utility of biomarkers has attracted