

# Westcliff High School for Girls

## Sixth Form – Medical Sciences

### Wider Reading for University Preparation and Personal Statement Writing

UCAS



## References

<http://www.univ.ox.ac.uk/applying-to-univ/staircase12/>

<https://www.ox.ac.uk/admissions/undergraduate/courses/suggested-reading-and-resources?wssl=1>

<https://www.kings.cam.ac.uk/study/undergraduate/reading-lists>

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## Medical Sciences

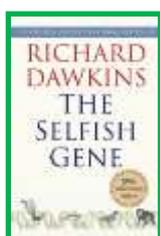
### All



#### **How To Master The UKCAT**, Mike Bryon, Jim Clayden and Chris Tyreman

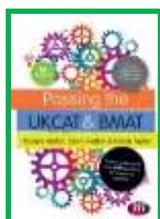
The UK Clinical Aptitude Test (UKCAT) is used by the majority of UK medical and dentistry schools to identify the brightest candidates most suitable for training at their institutions. With over 700 questions, the best-selling 'How to Master the UKCAT', 5th edition contains the most up-to-date and representative questions than any other book.

Questions are designed to build up speed and accuracy across the five sections of the test, and answers include detailed explanations to ensure that you maximize your learning. Now including a full section on the 'situational judgement' questions introduced in 2013 and a brand new mock test to help you get in some serious score improving practice, How to Master the UKCAT will help you prepare for the test, learn the demands of each section and develop a winning approach that gets results.



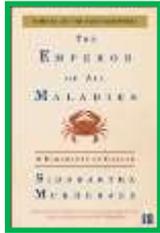
#### **The Selfish Gene**, Richard Dawkins

As relevant and influential today as when it was first published, 'The Selfish Gene' has become a classic exposition of evolutionary thought Professor Dawkins articulates a gene's eye view of evolution – a view giving centre stage to these persistent units of information, and in which organisms can be seen as vehicles for their replication. This imaginative, powerful, and stylistically brilliant work not only brought the insights of Neo-Darwinism to a wide audience, but galvanised the biology community, generating much debate and stimulating whole new areas of research.



#### **Passing The UKCAT And BMAT**, Glenn Hutton, Rosalie Hutton and Felicity Taylor

The most comprehensive guide available for the UKCAT and BMAT! If you're an aspiring doctor or dentist, this book is all you need to face the admissions tests with confidence and get in to medical or dental school – whichever universities you're applying to. Offering support for both the UKCAT and BMAT, with hints and tips on how to pass the tests, worked examples and guidance on technique, this is your guide to success. Inside you'll find: over 650 practice questions for the UKCAT and BMAT; two full practice tests for focused revision; practice questions and guidance notes for the Situational Judgement section (also relevant for Veterinary Medicine applications); Guidance on applications and interviews, including the personal statement; test-taking strategies so you can practice and pass. This text is your tool for extensive revision and question practice for the UKCAT and BMAT. The practice tests replicate the format of the actual tests, so you can tackle them under timed conditions and be fully prepared for the real thing.



### **The Emperor Of All Maladies: A Biography Of Cancer,** Siddhartha Mukherjee

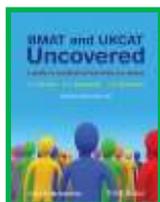
Siddhartha Mukherjee, doctor, researcher and award-winning science writer, examines cancer with a cellular biologist's precision, a historian's perspective, and a biographer's passion. The result is an astonishingly lucid and eloquent chronicle of a disease humans have lived with – and perished from – for more than 5,000 years. The story of cancer is a story of human ingenuity, resilience and perseverance, but also of hubris, arrogance and misperception, all leveraged against a disease that, just three decades ago, was thought to be easily vanquished in an all-out 'war against cancer'. Mukherjee recounts centuries of discoveries, setbacks, victories and deaths, told through the eyes of predecessors and peers, training their wits against an infinitely resourceful adversary. From the Persian Queen Atossa, whose Greek slave cut off her malignant breast, to the 19th-century recipient of primitive radiation and chemotherapy and Mukherjee's own leukemia patient, Carla, This book is about the people who have soldiered through toxic, bruising, and draining regimes to survive and to increase the store of human knowledge. Riveting and magisterial, it provides a fascinating glimpse into the future of cancer treatments and a brilliant new perspective on the way doctors, scientists, philosophers and lay people have observed and understood the human body for millennia.



### **Mind The Gap : A Handbook Of Clinical Signs In Black And Brown Skin,** M. Mukwende, P. Tamony, M. Turner

The project began after Malone recognised that the images being shown in clinical skills sessions weren't representative of people with darker skin tones. As a result, Malone approached his personal tutor, and 'Mind the Gap' was born. Since the announcement of the project, Malone has featured in multiple interviews, appearing in news stories around the globe, sharing his vision to change the medical curriculum.

With the handbook now widely available, it is hoped that more doctors and patients will be able to benefit from the content. "Mind the Gap has allowed for the discussion of issues of representation in clinical teaching," says Malone. 'I hope to see the content of our handbook and similar tools become an integral part of medical school learning. If the doctors of tomorrow are better equipped to deal with how signs and symptoms present on black and brown skin, this will improve patient care and reduce the healthcare disparities that exist today.'



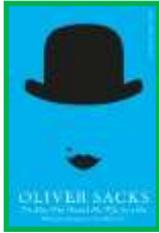
### **BMAT And UKCAT Uncovered: A Guide To Medical School Entrance Exams,** T.O. Osinowo, R.A. Weerakkody and H.W. Woodward

Contains over 1,000 practice questions – worked examples, quick tests, two full BMAT-style sample test papers, and two full UKCAT-style sample test papers. With the use of admissions tests becoming an increasingly more common part of the selection process for entrance to medical school, 'BMAT and UKCAT Uncovered' is a comprehensive yet accessible guide to the two main tests used by UK medical schools. Written by recent Cambridge graduates, the authors' experience lies in taking these exams themselves and teaching students how to pass them. They combine key strategies for tackling the specific skills tested by the BioMedical Admissions Test and the UK Clinical Aptitude Test, along with practice questions and tests, with worked answers, in the style of the BMAT and UKCAT exams. The simple, informal teaching style, highlighting key practice areas, with the minimal use of jargon, means 'BMAT and UKCAT Uncovered' is an essential tool for all medical school applicants.



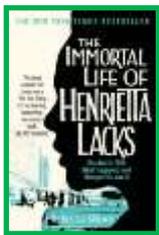
### **The Better Angels Of Our Nature,** Stephen Pinker

Wasn't the 20th century the most violent in history? In his extraordinary, epic book Steven Pinker shows us that this is wrong, telling the story of humanity in a completely new and unfamiliar way. From why cities make us safer to how books bring about peace, Pinker weaves together history, philosophy and science to examine why we are less likely to die at another's hand than ever before, how it happened and what it tells us about our very natures.



### **The Man Who Mistook His Wife For His Hat, Oliver Sacks**

A classic work of psychology, this international bestseller provides a groundbreaking insight into the human mind. If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self - himself – he cannot know it, because he is no longer there to know it. In this extraordinary book, Dr. Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognise everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities; who have been dismissed as autistic or retarded, yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant tales illuminate what it means to be human. A provocative exploration of the mysteries of the human mind, 'The Man Who Mistook His Wife for a Hat' is a million-copy bestseller by the 20th century's greatest neurologist.



### **The Immortal Life Of Henrietta Lacks, Rebecca Skloot**

Her name was Henrietta Lacks, but scientists know her as HeLa. Born a poor black tobacco farmer, her cancer cells – taken without her knowledge – became a multimillion-dollar industry and one of the most important tools in medicine. Yet Henrietta's family did not learn of her 'immortality' until more than 20 years after her death, with devastating consequences...Rebecca Skloot's fascinating account is the story of the life, and afterlife, of one woman who changed the medical world forever. Balancing the beauty and drama of scientific discovery with dark questions about who owns the stuff our bodies are made of, The Immortal Life of Henrietta Lacks is an extraordinary journey in search of the soul and story of a real woman, whose cells live on today in all four corners of the world.



### **One Renegade Cell: The Quest For The Origin Of Cancer, Robert Weinberg**

Cancer research has reached a major turning point, and no one is better qualified to explain the past two decades' dramatic leaps forward in understanding this disease than world-renowned molecular biologist Robert Weinberg, director of the Oncology Research laboratory at the Whitehead Institute in Cambridge, Massachusetts. In 'One Renegade Cell', Weinberg presents a state-of-the-art account of how cancer begins and how, one day, it will be cured.

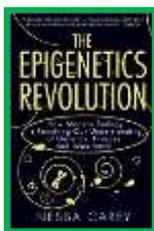
## **Biochemistry/Biology**



### **Darwin's Black Box : The Biochemical Challenge To Evolution, Michael J. Behe**

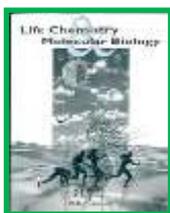
Ten years ago, 'Darwin's Black Box' launched the Intelligent Design movement: the argument that nature exhibits evidence of design, beyond Darwinian randomness. Michael Behe has updated the book with a major new afterword on the state of the debate. The Intelligent Design movement was born when a handful of scientists realised nature exhibits characteristics that could not have evolved by random mutation.

Prominent among them was Michael Behe, a microbiologist working in a field that Darwin could not even have imagined existing. Microbiology has discovered staggering complexity at the cellular level of life and during his research Behe made a stunning discovery: some parts of life are irreducibly complex. They cannot function without all of their parts. Yet, step-by-step genetic mutations would never produce all of those parts together at once. Some parts of the biological world must have been designed. From one end of the spectrum to the other, 'Darwin's Black Box' has established itself as the key text in the intelligent design movement, the one argument that must be addressed in order to determine whether Darwinian evolution is sufficient to explain life as we know it, or not.



### The Epigenetics Revolution, Nessa Carey

The Human Genome Project finished sequencing human DNA. It seemed it was only a matter of time until we had all the answers to the secrets of life on this planet. The cutting edge of biology, however, is telling us that we still don't even know all of the questions. How is it that, despite each cell in your body carrying exactly the same DNA, you don't have teeth growing out of your eyeballs or toenails on your liver? How is it that identical twins share exactly the same DNA and yet can exhibit dramatic differences in the way that they live and grow? It turns out that cells read the genetic code in DNA more like a script to be interpreted than a mould that replicates the same result each time. This is epigenetics and it's the fastest-moving field in biology today. 'The Epigenetics Revolution' traces the thrilling path this discipline has taken over the last 20 years. Biologist Nessa Carey deftly explains such diverse phenomena as how queen bees and ants control their colonies, why tortoiseshell cats are always female, why some plants need a period of cold before they can flower, why we age, develop disease and become addicted to drugs, and much more. Most excitingly, Carey reveals the amazing possibilities for humankind that epigenetics offers for us all - and in the surprisingly near future.



### Life Chemistry And Molecular Biology, W.R. Pickering

This is an A-Level Biology book which uses an innovative format, consisting of a series of annotated diagrams with linking text, to make biology an interesting and easily accessible subject for pupils. Biological principles and their applications in commercial, medical, ecological and physiological contexts are explained in the book.

## Biochemistry/Biology Fiction Selection

### Origin, Dan Brown

Robert Langdon, Harvard professor of symbology and religious iconology, arrives at the Guggenheim Museum Bilbao to attend the unveiling of a discovery that 'will change the face of science forever'. The evening's host is his friend and former student, Edmond Kirsch, a 40-year-old tech magnate whose dazzling inventions and audacious predictions have made him a controversial figure around the world. This evening is to be no exception: he claims he will reveal an astonishing scientific breakthrough to challenge the fundamentals of human existence. But Langdon and several hundred other guests are left reeling when the meticulously-orchestrated evening is blown apart before Kirsch's precious discovery can be revealed. With his life under threat, Langdon is forced into a desperate bid to escape, along with the museum's director, Ambra Vidal. Together they flee to Barcelona on a perilous quest to locate a cryptic password that will unlock Kirsch's secret. In order to evade a tormented enemy who is one step ahead of them at every turn, Langdon and Vidal must navigate labyrinthine passageways of hidden history and ancient religion. On a trail marked only by enigmatic symbols and elusive modern art, Langdon and Vidal uncover the clues that will bring them face-to-face with a world-shaking truth that has remained buried – until now.

### Inferno, Dan Brown

Florence: Harvard symbologist Robert Langdon awakes in a hospital bed with no recollection of where he is or how he got there. Nor can he explain the origin of the macabre object that is found hidden in his belongings. A threat to his life will propel him and a young doctor, Sienna Brooks, into a breakneck chase across the city. Only Langdon's knowledge of the hidden passageways and ancient secrets that lie behind its historic facade can save them from the clutches of their unknown pursuers. With only a few lines from Dante's *Inferno* to guide them, they must decipher a sequence of codes buried deep within some of the Renaissance's most celebrated artworks to find the answers to a puzzle which may, or may not, help them save the world from a terrifying threat.

## **Brave New World**, Aldous Huxley

Welcome to New London. Everybody is happy here. Our perfect society achieved peace and stability through the prohibition of monogamy, privacy, money, family and history itself. Now everyone belongs. You can be happy too. All you need to do is take your Soma pills. Discover the brave new world of Aldous Huxley's classic novel, written in 1932, which prophesied a society which expects maximum pleasure and accepts complete surveillance – no matter what the cost.

## **Never Let Me Go**, Kazuo Ishiguro

Narrated by Kathy, now 31, 'Never Let Me Go' dramatises her attempts to come to terms with her childhood at the seemingly idyllic Hailsham School and with the fate that has always awaited her and her closest friends in the wider world.

## **The Stand**, Stephen King

Stephen King's apocalyptic vision of a world blasted by virus and tangled in an elemental struggle between good and evil remains as riveting and eerily plausible as when it was first published. Set in a virus-decimated US, first come the days of the virus. Then come the dreams. Dark dreams that warn of the coming of the dark man. The apostate of death, his worn-down boot heels tramping the night roads. The warlord of the charnel house and Prince of Evil. His time is at hand. His empire grows in the west and the Apocalypse looms. When a man crashes his car into a petrol station, he brings with him the foul corpses of his wife and daughter.

## **The Island of Doctor Moreau**, H.G. Wells

Adrift in a dinghy, Edward Prendick, the single survivor from the good ship Lady Vain, is rescued by a vessel carrying a profoundly unusual cargo a menagerie of savage animals. Tended to recovery by their keeper Montgomery, who gives him dark medicine that tastes of blood, Prendick soon finds himself stranded upon an uncharted island in the Pacific with his rescuer and the beasts. Here, he meets Montgomery's master, the sinister Doctor Moreau, a brilliant scientist whose notorious experiments in vivisection have caused him to abandon the civilised world. It soon becomes clear he has been developing these experiments with truly horrific results.

## **Oxford University Resource Hub – Biochemistry/Biology**

<https://aeon.co/>

<https://www.nhs.uk/news/>

<https://nrich.maths.org/6139>

<https://www.bps.ac.uk/education-engagement/ambassadors-scheme-and-engagement/ambassadors-scheme/ambassador-resources>

<https://www.synthego.com/blog/10-podcasts-every-crispr-scientist-will-love>

<https://www.gresham.ac.uk/watch/?subject=medical-science>

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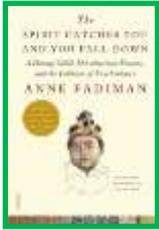
<https://www.sciencefriday.com/radio/>

<http://thescientific23.com/home>

<https://www.thenakedscientists.com/>

<http://www.saps.org.uk/secondary/teaching-resources>

## Biomedical Sciences/Medicine



### **The Spirit Catches You And You Fall Down : A Hmong Child, Her American Doctors And The Collision Of Two Cultures**, Anne Fadiman

*The Spirit Catches You And You Fall Down* explores the clash between a small county hospital in California and a refugee family from Laos over the care of Lia Lee, a Hmong child diagnosed with severe epilepsy. Lia's parents and her doctors both wanted what was best for Lia, but the lack of understanding between them led to tragedy.



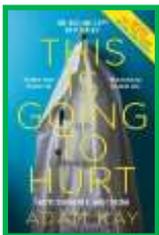
### **The Human Brain: A Guided Tour**, Susan Greenfield

Locked away remote from the rest of the body in its own custom-built casing of skull bone, with no intrinsic moving parts, the human brain remains a tantalising mystery. But now, more than ever before, we have the expertise to tackle this mystery – the last 20 years have seen astounding progress in brain research. Susan Greenfield begins by exploring the roles of different regions of the brain. She then switches to the opposite direction and examines how certain functions, such as movement and vision, are accommodated in the brain. She describes how a brain is made from a single fertilised egg; the fate of the brain is traced through life as we see how it constantly changes as a result of experience to provide the essence of a unique individual.



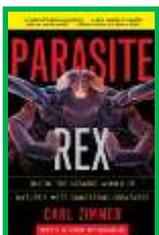
### **The Private Life Of The Brain**, Susan Greenfield

What is happening in the brain when we drink too much alcohol, get high on ecstasy or experience road rage? Emotion, says internationally acclaimed neuroscientist Susan Greenfield, is the building block of consciousness. As our minds develop we create a personalised inner world based on our experiences. But during periods of intense emotion, such as anger, fear or euphoria, we can literally lose our mind, returning to the mental state we experienced as infants. Challenging many preconceived notions, Susan Greenfield's ground-breaking book seeks to answer one of science's most enduring mysteries: how our unique sense of self is created.



### **This Is Going To Hurt**, Adam Kay

Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you. Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay's 'This is Going to Hurt' provides a no-holds-barred account of his time on the NHS front line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward.



### **Parasite Rex : Inside The Bizarre World Of Nature's Most Dangerous Creatures**, Carl Zimmer

For decades parasites were the pariahs of science. Only recently have biologists begun to appreciate that these diverse and complex organisms are the most highly evolved life forms on earth. In this work, Carl Zimmer takes the reader on a tour of the strange and bizarre world that parasites inhabit, and recounts the voyages of these wonders of creation. Parasites can: rewrite DNA; rewire the brain; genetically engineer viruses as weapons; and turn healthy hosts into the living dead. This book follows researchers in parasitology as they attempt to penetrate the mysteries of these omnipotent creatures who control evolution, exosystems, and perhaps the future of the human race.

## Biomedical Sciences/Medicine Fiction Selection

### Legend, John Brindley

Seventeen-year-old Blake used to be a star runner. Now he's a has-been. On a school trip, he has the opportunity to secure the answer to his prayers, a specially-created serum that will restore him to physical supremacy. But does he steal it or not? Before he (and the reader) knows, Blake is transported into another dimension where evolution has run wild and where he is perceived as a hero by the beautiful, enigmatic mermaid creature, Chimera. He escapes and returns to his own world (our world) to face the consequences of his alleged theft. Can he prove his innocence? Not without returning to that strange new world and the even stranger but alluring Chimera...

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Robert Langdon, Harvard professor of symbology and religious iconology, arrives at the Guggenheim Museum Bilbao to attend the unveiling of a discovery that 'will change the face of science forever'. The evening's host is his friend and former student, Edmond Kirsch, a 40-year-old tech magnate whose dazzling inventions and audacious predictions have made him a controversial figure around the world. This evening is to be no exception: he claims he will reveal an astonishing scientific breakthrough to challenge the fundamentals of human existence. But Langdon and several hundred other guests are left reeling when the meticulously-orchestrated evening is blown apart before Kirsch's precious discovery can be revealed. With his life under threat, Langdon is forced into a desperate bid to escape, along with the museum's director, Ambra Vidal. Together they flee to Barcelona on a perilous quest to locate a cryptic password that will unlock Kirsch's secret. In order to evade a tormented enemy who is one step ahead of them at every turn, Langdon and Vidal must navigate labyrinthine passageways of hidden history and ancient religion. On a trail marked only by enigmatic symbols and elusive modern art, Langdon and Vidal uncover the clues that will bring them face-to-face with a world-shaking truth that has remained buried – until now.

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### The Plague, Albert Camus

The townspeople of Oran are in the grip of a deadly plague, which condemns its victims to a swift and horrifying death. Fear, isolation and claustrophobia follow as they are forced into quarantine. Each person responds in their own way to the lethal disease: some resign themselves to fate, some seek blame, and a few, like Dr Rieux, resist the terror. An immediate triumph when it was published in 1947, 'The Plague' is in part an allegory of France's suffering under the Nazi occupation, and a story of bravery and determination against the precariousness of human existence.

### Clean, Juno Dawson

When socialite Lexi Volkov almost overdoses, she thinks she's hit rock bottom. She's wrong. Because rock bottom is when she's forced into an exclusive rehab facility. From there, the only way is up for Lexi and her fellow inmates, including the mysterious Brady. As she faces her demons, Lexi realises love is the most powerful drug of all. It's a dirty business getting clean. Addiction, redemption, love and despair.

## **Shock Of The Fall**, Nathan Filer

'I'll tell you what happened because it will be a good way to introduce my brother. His name's Simon. I think you're going to like him. I really do. But in a couple of pages he'll be dead. And he was never the same after that.' There are books you can't stop reading, which keep you up all night. There are books which let us into the hidden parts of life and make them vividly real. There are books which, because of the sheer skill with which every word is chosen, linger in your mind for days. 'The Shock of the Fall' is all of these books.

## **The Fault In Our Stars**, John Green

I fell in love the way you fall asleep: slowly, then all at once. Despite the tumour-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten. Insightful, bold, irreverent, and raw, 'The Fault in Our Stars' brilliantly explores the funny, thrilling, and tragic business of being alive and in love.

## **One Flew Over The Cuckoo's Nest**, Ken Kesey

Boisterous, ribald, and ultimately shattering, 'One Flew Over the Cuckoo's Nest' is the seminal novel of the 1960s that has left an indelible mark on the literature of our time. Here is the unforgettable story of a mental ward and its inhabitants, especially the tyrannical Big Nurse Ratched and Randle Patrick McMurphy, the brawling, fun-loving new inmate who resolves to oppose her. We see the struggle through the eyes of Chief Bromden, the seemingly mute half-Indian patient who witnesses and understands McMurphy's heroic attempt to do battle with the awesome powers that keep them all imprisoned.

## **Red Sky In The Morning**, Elizabeth Laird

Twelve-year-old Anna is looking forward to the birth of her baby brother. Ben arrives, but is disabled and will never be like other children. Anna loves him with her whole heart but she finds herself unable to admit the truth of Ben's condition to her school friends. Eventually the truth gets out and leads not to the ridicule Anna expected, but sympathy and understanding.

## **Double Cross**, Sophie McKenzie

Narrated by Nico, 'Double-Cross' is full of telekinetic action as the Medusa Project team arrive in Sydney, Australia, for another exciting mission – and come face-to-face with two more Medusa teens: Cal, a boy who can fly, and Amy, a girl who can shapeshift...but who is double-crossing who?

## **My Sister's Keeper**, Jodi Picoult

In all 13 years of Anna's life, her parents have never given her a choice: she was born to be her sister Kate's bone marrow donor and she has always given Kate everything she needs. But when Anna is told Kate needs a new kidney, she begins to question how much she should be prepared to do to save the older sibling she has always been defined by. So Anna makes a decision that will change their family forever – perhaps even fatally for the sister she loves.

## **Allegiant**, Veronica Roth

What if your whole world was a lie? What if a single revelation – like a single choice – changed everything? What if love and loyalty made you do things you never expected? The faction-based society that Tris Prior once believed in is shattered – fractured by violence and power struggles and scarred by loss and betrayal. So when offered a chance to explore the world past the limits she's known, Tris is ready. Perhaps beyond the fence, she and Tobias will find a simple new life together,

free from complicated lies, tangled loyalties, and painful memories. But Tris's new reality is even more alarming than the one she left behind. Old discoveries are quickly rendered meaningless. Explosive new truths change the hearts of those she loves. And once again, Tris must battle to comprehend the complexities of human nature – and of herself – while facing impossible choices about courage, allegiance, sacrifice and love.

### **Frankenstein, Mary Shelley**

'Frankenstein' is the classic gothic horror novel which has thrilled and engrossed readers for two centuries. Written by Mary Shelley, it is a story which she intended would 'curdle the blood and quicken the beatings of the heart.' The tale is a superb blend of science fiction, mystery and thriller. Victor Frankenstein driven by the mad dream of creating his own creature, experiments with alchemy and science to build a monster stitched together from dead remains. Once the creature becomes a living breathing articulate entity, it turns on its maker and the novel darkens into tragedy. The reader is very quickly swept along by the force of the elegant prose, the grotesque, surreal imagery, and the multi-layered themes in the novel. Although first published in 1818, Shelley's masterpiece still maintains a strong grip on the imagination and has been the inspiration for numerous horror movies, television and stage adaptations.

### **Memento Mori, Muriel Spark**

In late 1950s London, something uncanny besets a group of elderly friends: an insinuating voice on the telephone informs each, 'Remember you must die.' Their geriatric feathers are soon thoroughly ruffled by these seemingly supernatural phone calls, and in the resulting flurry many old secrets are dusted off. Beneath the once decorous surface of their lives, unsavouries like blackmail and adultery are now to be glimpsed. As spooky as it is witty, poignant and wickedly hilarious, 'Memento Mori' may ostensibly concern death, but it is a book which leaves one relishing life all the more.

### **The Strange Case of Dr Jekyll And Mr Hyde, Robert Louis Stevenson**

Everyone has a dark side. Dr Jekyll has discovered the ultimate drug. A chemical that can turn him into something else. Suddenly, he can unleash his deepest cruelties in the guise of the sinister Hyde. Transforming himself at will, he roams the streets of fog-bound London as his monstrous alter-ego. It seems he is master of his fate. It seems he is in complete control. But soon he will discover that his double life comes at a hideous price.

### **Station Eleven, Emily St John Mandel**

What was lost in the collapse: almost everything, almost everyone, but there is still such beauty. One snowy night in Toronto famous actor Arthur Leander dies on stage whilst performing the role of a lifetime. That same evening a deadly virus touches down in North America. The world will never be the same again. Twenty years later Kirsten, an actress in the Travelling Symphony, performs Shakespeare in the settlements that have grown up since the collapse. But then her newly-hopeful world is threatened. If civilisation was lost, what would you preserve? And how far would you go to protect it?

### **This Mortal Coil series, Emily Suvada**

Three billion lives at stake. Two people who can save them. One secret hidden in their DNA. One girl's quest for answers in a genetically and technologically advanced future. When a lone soldier, Cole, arrives with news of Lachlan Agatta's death, all hope seems lost for Catarina. Her father was the world's leading geneticist, and humanity's best hope of beating a devastating virus. Then, hidden beneath Cole's gene-hacked enhancements she finds a message of hope: Lachlan created a vaccine. Only she can find and decrypt it, if she can unravel the clues he left for her. The closer she gets, the more she finds herself at risk from Cartaxus, a shadowy organisation with a stranglehold on the world's genetic tech. But it's too late to turn back. As the pieces fit together it's clear there is one final secret that Cat must unlock. A secret that will change everything.

## The Day Of The Triffids, John Wyndham

The triffids are a monstrous species of stinging plant; they walk, they talk, they dominate the world. The narrator of this novel wakes up in hospital to find that, by missing the end of the world, he has survived to witness a new world. But the new world that awaits him is fantastic and horrific.

## Everything, Everything, Nicola Yoon

Maddy is allergic to the world; stepping outside the sterile sanctuary of her home could kill her. But then Olly moves in next door. And just like that, Maddy realises there's more to life than just being alive. You only get one chance at first love. And Maddy is ready to risk everything, everything to see where it leads.

## Oxford University Resource Hub – Biomedical Sciences/Medicine

<https://aeon.co/>

<https://www.nhs.uk/news/>

<https://nrich.maths.org/6139>

<https://www.bps.ac.uk/education-engagement/ambassadors-scheme-and-engagement/ambassadors-scheme/ambassador-resources>

<https://www.synthego.com/blog/10-podcasts-every-crispr-scientist-will-love>

<https://www.aljazeera.com/programmes/thecure/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/about-recreational-drugs/>

<http://blogs.discovermagazine.com/neuroskeptic>

<https://www.newscientist.com/>

<http://oxsci.org/>

<https://www.sciencefriday.com/radio/>

<http://thescientific23.com/home>

<https://www.youtube.com/watch?v=zb-06r8vcqs&list=PLWTqyLGDhzHBbu6oEgiHEFayR5xe-ukXs&index=7&t=0s>

<http://www.gresham.ac.uk/watch/?subject=medical-science>

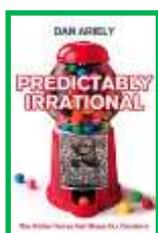
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<https://mednar.com/mednar/desktop/en/search.html>

<https://themedschoolproject.wordpress.com/>

[https://www.ted.com/playlists/175/the\\_struggle\\_of\\_mental\\_health](https://www.ted.com/playlists/175/the_struggle_of_mental_health)

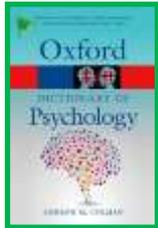
## Psychology



### Predictably Irrational : The Hidden Forces That Shape Our Decisions, Dan Ariely

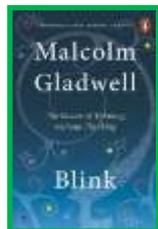
Why do smart people make irrational decisions every day? The answers will surprise you. 'Predictably Irrational' is an intriguing, witty and utterly original look at why we all make illogical decisions. Why can a 50p aspirin do what a 5p aspirin can't? If an item is 'free' it must be a bargain, right? Why is everything relative, even when it shouldn't be? How do our expectations influence our actual opinions and decisions? In this

astounding book, behavioural economist Dan Ariely cuts to the heart of our strange behaviour, demonstrating how irrationality often supplants rational thought and that the reason for this is embedded in the very structure of our minds. 'Predictably Irrational' brilliantly blends everyday experiences with a series of illuminating and often surprising experiments, that will change your understanding of human behaviour. And, by recognising these patterns, Ariely shows that we can make better decisions in business, in matters of collective welfare, and in our everyday lives from drinking coffee to losing weight, buying a car to choosing a romantic partner.



### **Oxford Dictionary Of Psychology, A.M. Coleman**

Including more than 11,000 definitions, this authoritative and up-to-date dictionary covers all branches of psychology. Clear, concise descriptions for each entry offer extensive coverage of key areas including cognition, sensation and perception, emotion and motivation, learning and skills, language, mental disorder, and research methods. The range of entries extends to related disciplines including psychoanalysis, psychiatry, the neurosciences, and statistics. Entries are extensively cross-referenced for ease of use, and cover word origins and derivations as well as definitions. More than 100 illustrations complement the text. This fourth edition has incorporated a large number of significant revisions and additions, many in response to the 2013 publication of the American Psychiatric Association's latest edition of 'Diagnostic and Statistical Manual of Mental Disorders', bringing the Dictionary fully up to date with the most recent literature of the subject. In addition to the alphabetical entries, the dictionary also includes appendices covering over 800 commonly used abbreviations and symbols, as well as a list of phobias and phobic stimuli, with definitions. Comprehensive and clearly written, this dictionary is an invaluable work of reference for students, lecturers, and the general reader with an interest in psychology.



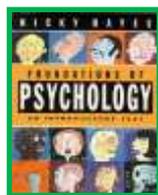
### **Blink: The Power Of Thinking Without Thinking, Malcolm Gladwell**

Intuition is not some magical property that arises unbidden from the depths of our mind. It is a product of long hours and intelligent design, of meaningful work environments and particular rules and principles. This book shows us how we can hone our instinctive ability to know in an instant, helping us to bring out the best in our thinking and become better decision-makers in our homes, offices and in everyday life. Just as he did with his revolutionary theory of the tipping point, Gladwell reveals how the power of blink could fundamentally transform our relationships, the way we consume, create and communicate, how we run our businesses and even our societies. You'll never think about thinking in the same way again.



### **Bad Science, Ben Goldacre**

Ben Goldacre's wise and witty bestseller, shortlisted for the Samuel Johnson Prize, lifts the lid on quack doctors, flaky statistics, scaremongering journalists and evil pharmaceutical corporations. Since 2003 Dr Ben Goldacre has been exposing dodgy medical data in his popular *Guardian* column. In this eye-opening book he takes on the MMR hoax and misleading cosmetics ads, acupuncture and homeopathy, vitamins and mankind's vexed relationship with all manner of 'toxins'. Along the way, the self-confessed 'Johnny Ball cum Witchfinder General' performs a successful detox on a Barbie doll, sees his dead cat become a certified nutritionist and probes the supposed medical qualifications of 'Dr' Gillian McKeith. Full spleen and satire, Ben Goldacre takes us on a hilarious, invigorating and ultimately alarming journey through the bad science we are fed daily by hacks and quacks.



### **Foundations Of Psychology, Nicky Hayes**

'Foundations of Psychology' is a comprehensive introduction to the fundamental principles, theories and research in modern psychology, covering the core areas: cognitive, individual differences and abnormal psychology, physiological, social, developmental and comparative. Presents contemporary issues and classic studies in a critical framework and traces the development of ideas and methods in psychology.



## Opening Skinner's Box : Great Psychological Experiments Of The Twentieth Century, Lauren Slater

A century can be understood in many ways – in terms of its inventions, its crimes or its art. In 'Opening Skinner's Box', Lauren Slater sets out to investigate the 20th century through a series of 10 fascinating, witty and sometimes shocking accounts of its key psychological experiments. Starting with the founder of modern scientific experimentation, B.F. Skinner, Slater traces the evolution of the last 100 years' most pressing concerns – free will, authoritarianism, violence, conformity and morality. Previously buried in academic textbooks, these often daring experiments are now seen in their full context and told as stories, rich in plot, wit and character.

## Psychology Fiction Selection

### A Quiet Kind Of Thunder, Sara Barnard

Steffi doesn't talk. Rhys can't hear. They understand each other perfectly. Love isn't always a lightning strike. Sometimes it's the rumbling roll of thunder... 'A Quiet Kind Of Thunder' is a stunning love story about the times when a whisper is as good as a shout. Steffi has been a selective mute for most of her life – she's been silent for so long that she feels completely invisible. But Rhys, the new boy at school, sees her. He's deaf, and her knowledge of basic sign language means that she's assigned to look after him. To Rhys it doesn't matter that Steffi doesn't talk and, as they find ways to communicate, Steffi finds that she does have a voice, and that she's falling in love with the one person who makes her feel brave enough to use it.

### The Widow, Fiona Barton

We've all seen him: the man – the monster – staring from the front page of every newspaper, accused of a terrible crime. But what about her: the woman who grips his arm on the courtroom stairs – the wife who stands by him? Jean Taylor's life was blissfully ordinary. Nice house, nice husband. Glen was all she'd ever wanted: her Prince Charming. Until he became that man accused, that monster on the front page. Jean was married to a man everyone thought capable of unimaginable evil. But now Glen is dead and she's alone for the first time, free to tell her story on her own terms. Jean Taylor is going to tell us what she knows.

### Flip, Martyn Bedford

Ever wake up in someone else's body? Fourteen-year-old Alex Gray wakes up one morning to discover he's not in his own bedroom. More surprising is that he doesn't recognise his hands, or his legs... When he looks in the mirror he gets the shock of his life! How is it possible that Alex has become another boy – a boy who everyone calls Philip? And how have six whole months passed overnight? A riveting psychological thriller by a brilliant new voice in children's books.

### Am I Normal Yet?, Holly Bourne

All Evie wants is to be normal. And now that she's almost off her meds and at a new college where no one knows her as the-girl-who-went-nuts, there's only one thing left to tick off her list... But relationships can mess with anyone's head - something Evie's new friends Amber and Lottie know only too well. The trouble is, if Evie won't tell them her secrets, how can they stop her making a huge mistake?

### Are We All Lemmings & Snowflakes?, Holly Bourne

Welcome to Camp Reset, a summer camp with a difference. A place offering a shot at 'normality' for Olive, a girl on the edge, and for her new friends, who are all dealing with their own battles. But as Olive settles in, she starts to wonder – maybe it's this messed up world that needs fixing, and not them. And so she comes up with a plan. Because together, snowflakes can form avalanches... A

trailblazing and painfully honest novel about mental health, friendship and making this crazy world a kinder place.

### **A Clockwork Orange**, Anthony Burgess

Anthony Burgess's nightmare vision of a society overrun by nihilistic violence and governed by a menacing totalitarian state. Fifteen-year-old Alex doesn't just like ultra-violence – he also enjoys rape, drugs and Beethoven's ninth. He and his gang of droogs rampage through a dystopian future, hunting for terrible thrills. But when Alex finds himself at the mercy of the State and subject to the ministrations of Dr Brodsky, and the mind-altering treatment of the Ludovico Technique, he discovers that fun is no longer the order of the day. The basis for Stanley Kubrick's notorious 1971 film, 'A Clockwork Orange' is both a virtuoso performance from an electrifying prose stylist and a serious exploration of the morality of free will.

### **The Skeleton Cupboard**, Tanya Byron

'The Skeleton Cupboard' is Professor Tanya Byron's account of her years of training as a clinical psychologist, when trainees find themselves in the toughest placements of their careers. Through the eyes of her naive and inexperienced younger self, Tanya shares remarkable stories inspired by the people she had the privilege to treat. Gripping, poignant and full of daring black humour, this book reveals the frightening and challenging induction faced by all mental health staff and highlights their incredible commitment to their patients. Powerfully moving and beautifully written, 'The Skeleton Cupboard' shares the tales of ordinary people with an amazing resilience to the challenges of life.

### **The Stranger**, Albert Camus

Through the story of an ordinary man unwittingly drawn into a senseless murder on an Algerian beach, Camus explored what he termed 'the nakedness of man faced with the absurd'.

### **With Malice**, Eileen Cook

Wish you weren't here...When Jill wakes up in a hospital bed with her leg in a cast, the last six weeks of her life are a complete blank. All she has been told is that she was involved in a fatal accident while on a school trip in Italy and had to be jetted home to receive intensive care. Care that involves a lawyer. And a press team. Because maybe the accident...wasn't just an accident. With no memory of what happened or what she did, can Jill prove her innocence? And can she really be sure that she isn't the one to blame?

### **Clean**, Juno Dawson

When socialite Lexi Volkov almost overdoses, she thinks she's hit rock bottom. She's wrong. Because rock bottom is when she's forced into an exclusive rehab facility. From there, the only way is up for Lexi and her fellow inmates, including the mysterious Brady. As she faces her demons, Lexi realises love is the most powerful drug of all...It's a dirty business getting clean. Addiction, redemption, love and despair.

### **What Happened To Goodbye**, Sarah Dessen

Mclean never lets herself get too attached...After the scandal of her mother's affair, Mclean and her dad chose life on the road. But since losing her family and home Mclean has lost herself too; she's been Eliza, then Lizbet, then Beth – changing her name as often as she changed towns. Until now. Her neighbour, Dave, is like no one she's met before. It's as if she's always known him, and just like that, she becomes Mclean again. Is it finally time to stop reinventing? Or will Mclean turn her back on the new life she loves, without even saying goodbye...

## **Room**, Emma Donoghue

Jack is five. He lives with his Ma. They live in a single, locked room. They don't have the key. Jack and Ma are prisoners. 'Room' by Emma Donoghue is an extraordinarily powerful story of a mother and child kept in isolation, and the desire for, and price of, freedom.

## **Apple Tree Yard**, Louise Doughty

Yvonne Carmichael has a high-flying career, a beautiful home and a good marriage. But when she meets a stranger she is drawn into a passionate affair. Keeping the two halves of her life separate seems easy at first. But she can't control what happens next.

## **Whatever You Love**, Louise Doughty

Two police officers knock on Laura's door and her life changes forever. They tell her that her nine-year old daughter Betty has been hit by a car and killed. When justice is slow to arrive, Laura decides to take her own revenge and begins to track down the man responsible. Laura's grief also re-opens old wounds and she is thrown back to the story of her passionate love affair with Betty's father David, their marriage and his subsequent affair with another woman. Haunted by her past, and driven to breaking point by her desire for retribution, Laura discovers the lengths she is willing to go to for love.

## **But Inside I'm Screaming**, Elizabeth Flock

One woman's unforgettable story about what it is to lose control as the world watches, and to figure out what went so very wrong. While breaking the hottest news story of the year, broadcast journalist Isabel Murphy falls apart on live television in front of an audience of millions. She lands at Three Breezes, a four-star psychiatric hospital nicknamed the 'nut hut', where she begins the painful process of recovering the life everyone thought she had. But accepting her place among her fellow patients proves difficult, and Isabel struggles to reconcile the fact that she is, indeed, one of them. As she faces the reality that in order to mend her painfully fractured life she must rely solely on herself, she must also accept an imperfect life in a world that demands perfection.

## **Gone Girl**, Gillian Flynn

Who are you? What have we done to each other? These are the questions Nick Dunne finds himself asking on the morning of his fifth wedding anniversary, when his wife Amy suddenly disappears. The police suspect Nick. Amy's friends reveal that she was afraid of him, that she kept secrets from him. He swears it isn't true. A police examination of his computer shows strange searches. He says they weren't made by him. And then there are the persistent calls on his mobile phone. So what really did happen to Nick's beautiful wife?

## **A Tiny Bit Marvellous**, Dawn French

Everyone hates the perfect family. So you'll love the Battles. Meet Mo Battle, about to turn 50 and mum to two helpless, hormonal teenagers. There's 17-year-old daughter Dora who blames Mo for, like, EVERYTHING and Peter who believes he's quite simply as darling and marvellous as his hero Oscar Wilde. Somewhere, keeping quiet, is Dad...who's just, well...Dad. However, Mo is having a crisis. She's about to do something unusually wild and selfish, which will leave the entire family teetering on the edge of a precipice. Will the family fall? Or will they, when it really matters, be there for each other?

## **Lord Of The Flies**, William Golding

A plane crashes on a desert island. The only survivors are a group of schoolboys. By day, they discover fantastic wildlife and dazzling beaches, learning to survive; at night, they are haunted by

nightmares of a primitive beast. Orphaned by society, it isn't long before their innocent childhood games devolve into a savage, murderous hunt...

### **The Fallen Idol, Graham Greene**

'The Fallen Idol' is the chilling story of a small boy caught up in the games adults play. Left in the care of the butler and his wife while his parents go on holiday, Philip realises too late the danger of lies and deceit. But the truth is even deadlier.

### **The Lottery, Beth Goobie**

15-year-old Sally Hanson's school is secretly ruled by a group of students known as the 'Shadow Council'. At the beginning of every school year, the Shadow Council hold The Lottery, an infamous ritual in which a student is chosen to be the year's 'victim' – a person who is shunned by the entire school and forced to obey the Shadow Council's every wish. This year Sally is the Shadow Council's victim – and she is about to face the worst year of her life. Resistance is futile and loyal friends are ignoring her. However, Sally has been hiding a horrifying secret – a secret that threatens to overwhelm her as the betrayal and psychological torture grows.

### **The Curious Incident Of The Dog In The Night-Time, Mark Haddon**

'The Curious Incident Of The Dog In The Night-Time' is a murder mystery novel like no other. The detective, and narrator, is Christopher Boone. Christopher is 15 and has Asperger's, a form of autism. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside-down.

### **The Girl In The Red Coat, Kate Hamer**

Eight-year-old Carmel has always been different – sensitive, distracted, with a heart-stopping tendency to go missing. Her mother Beth, newly single, worries about her daughter's strangeness, especially as she is trying to rebuild a life for the two of them on her own. When she takes Carmel for an outing to a local festival, her worst fear is realised: Carmel disappears into the crowd. Unable to accept the possibility that her daughter might be gone for good, Beth embarks on a mission to find her. Meanwhile, Carmel begins an extraordinary and terrifying journey of her own. But do the real clues to Carmel's disappearance lie in the otherworldly qualities her mother had only begun to guess at?

### **A Game For All The Family, Sophie Hannah**

He's not your son. It's not up to you to save him. But you have to try. After escaping London and a career that nearly destroyed her, Justine plans to spend her days doing as little as possible in her beautiful home in Devon. But soon after the move, her daughter Ellen starts to withdraw when her new best friend, George, is unfairly expelled from school. Justine begs the head teacher to reconsider, only to be told that nobody's been expelled – there is, and was, no George. Then the anonymous calls start: a stranger, making threats that suggest she and Justine share a traumatic past and a guilty secret – yet Justine doesn't recognise her voice. When the caller starts to talk about three graves – two big and one small, to fit a child – Justine fears for her family's safety. If the police can't help, she'll have to eliminate the danger herself, but first she must work out who she's supposed to be...

### **Hurting Distance, Sophie Hannah**

Three years ago, something terrible happened to Naomi Jenkins – so terrible that she never told anybody. Now Naomi has another secret – the man she has fallen passionately in love with, unhappily married Robert Haworth. When Robert vanishes without trace, Naomi knows he must have come to

harm. But the police are less convinced, particularly when Robert's wife insists he is not missing. In desperation, Naomi has a crazy idea. If she can't persuade the police that Robert is in danger, perhaps she can convince them that he is a danger to others. Then they will have to look for him – urgently. Naomi knows how to describe in detail the actions of a psychopath. All she needs to do is dig up her own troubled past...

### **The Girl On The Train, Paula Hawkins**

Rachel catches the same commuter train every morning. She knows it will wait at the same signal each time, overlooking a row of back gardens. She's even started to feel like she knows the people who live in one of the houses. 'Jess and Jason', she calls them. Their life – as she sees it – is perfect. If only Rachel could be that happy. And then she sees something shocking. It's only a minute until the train moves on, but it's enough. Now everything's changed. Now Rachel has a chance to become a part of the lives she's only watched from afar. Now they'll see; she's much more than just the girl on the train...

### **The Haunting Of Hill House, Shirley Jackson**

Alone in the world, Eleanor is delighted to take up Dr Montague's invitation to spend a summer in the mysterious Hill House. Joining them are Theodora, an artistic 'sensitive', and Luke, heir to the house. But what begins as a light-hearted experiment is swiftly proven to be a trip into their darkest nightmares, and an investigation that one of their number may not survive.

### **The Portrait Of A Lady, Henry James**

'One ought to choose something very deliberately, and be faithful to that.' Isabel Archer is a young, intelligent, and spirited American girl, determined to relish her first experience of Europe. She rejects two eligible suitors in her fervent commitment to liberty and independence, declaring that she will never marry. Thanks to the generosity of her devoted cousin Ralph, she is free to make her own choice about her destiny. Yet in the intoxicating worlds of Paris, Florence, and Rome, her fond illusions of self-reliance are twisted by the machinations of her friends and apparent allies. What had seemed to be a vista of infinite promise steadily closes around her and becomes instead a 'house of suffocation'. It is at once a dramatic Victorian tale of betrayal and a wholly modern psychological study of a woman caught in a web of relations she only comes to understand too late.

### **One Flew Over The Cuckoo's Nest, Ken Kesey**

Boisterous, ribald, and ultimately shattering, 'One Flew Over the Cuckoo's Nest' is the seminal novel of the 1960s that has left an indelible mark on the literature of our time. Here is the unforgettable story of a mental ward and its inhabitants, especially the tyrannical Big Nurse Ratched and Randle Patrick McMurphy, the brawling, fun-loving new inmate who resolves to oppose her. We see the struggle through the eyes of Chief Bromden, the seemingly mute half-Indian patient who witnesses and understands McMurphy's heroic attempt to do battle with the awesome powers that keep them all imprisoned.

### **Flowers For Algernon, Daniel Keyes**

Charlie Gordon, IQ 68, is a floor sweeper, and the gentle butt of everyone's jokes, until an experiment in the enhancement of human intelligence turns him into a genius. But then Algernon, the mouse whose triumphal experimental transformation preceded his, fades and dies, and Charlie has to face the possibility that his salvation was only temporary.

## Life Of Pi, Yann Martel

'Life of Pi' is a tale of disaster at sea. Both a boy's own adventure (for grown-ups) and a meditation on faith and the value of religious metaphor, it was one of the most extraordinary and original novels of 2002. The only survivor from the wreck of a cargo ship on the Pacific, 16-year-old Pi spends 221 days on a lifeboat with a hyena, a zebra (with a broken leg), a female orang-utan and a 450-pound Royal Bengal Tiger called Richard Parker...

## Atonement, Ian McEwan

On the hottest day of the summer of 1934, 13-year-old Briony Tallis sees her sister Cecilia strip off her clothes and plunge into the fountain in the garden of their country house. Watching her is Robbie Turner, her childhood friend who, like Cecilia, has recently come down from Cambridge. By the end of that day, the lives of all three will have been changed for ever. Robbie and Cecilia will have crossed a boundary they had not even imagined at its start, and will have become victims of the younger girl's imagination. Briony will have witnessed mysteries, and committed a crime for which she will spend the rest of her life trying to atone.

## Enduring Love, Ian McEwan

One windy spring day in the Chilterns Joe Rose's calm, organised life is shattered by a ballooning accident. The afternoon, Rose reflects, could have ended in mere tragedy, but for his brief meeting with Jed Parry. Unknown to Rose, something passes between them – something that gives birth in Parry to an obsession so powerful that it will test to the limits Rose's beloved scientific rationalism, threaten the love of his wife Clarissa and drive him to the brink of murder and madness.

## Snowdrops, A.D. Miller

Snowdrops. That's what the Russians call them – the bodies that float up into the light in the thaw. Drunks, most of them, and homeless people who just give up and lie down into the whiteness, and murder victims hidden in the drifts by their killers. Nick has a confession. When he worked as a high-flying British lawyer in Moscow, he was seduced by Masha, an enigmatic woman who led him through her city: the electric nightclubs and intimate dachas, the human kindnesses and state-wide corruption. Yet as Nick fell for Masha, he found that he fell away from himself; he knew that she was dangerous, but life in Russia was addictive, and it was too easy to bury secrets – and corpses - in the winter snows...

## The Lighthouse, Alison Moore

'The Lighthouse' begins on a North Sea ferry, on whose blustery outer deck stands Futh, a middle-aged, recently separated man heading to Germany for a restorative walking holiday. Spending his first night in Hellhaus at a small, family-run hotel, he finds the landlady hospitable but is troubled by an encounter with an inexplicably hostile barman. In the morning, Futh puts the episode behind him and sets out on his week-long circular walk along the Rhine. As he travels, he contemplates his childhood; a complicated friendship with the son of a lonely neighbour; his parents' broken marriage and his own. But the story he keeps coming back to, the person and the event affecting all others, is his mother and her abandonment of him as a boy, which left him with a void to fill, a substitute to find. He recalls his first trip to Germany with his newly-single father. He is mindful of something he neglected to do there, an omission which threatens to have devastating repercussions for him this time around. At the end of the week, Futh, sunburnt and blistered, comes to the end of his circular walk, returning to what he sees as the sanctuary of the Hellhaus hotel, unaware of the events which have been unfolding there in his absence.

## **Mondays Are Red**, Nicola Morgan

'Mondays are red. Sadness has an empty blue shell. And music can taste of anything from banana puree to bat's pee. That's what I need to explain, starting with the day it all began, the day I woke up in a hospital bed with a kaleidoscope in my head...' Join Luke in his odyssey to regain his health after a devastating bout of meningitis, and to understand and accept its mysterious legacy - synaesthesia. As the author writes: 'No two people experience their synaesthesia in exactly the same way. For some it simply means that when they think of a day of the week, they are bombarded with sensations of a particular colour...For others, life is a kaleidoscope of mixed sensations...people with synaesthesia can open up the endless world of human imagination and that, I think is the most amazing world of all.'

## **Lolita**, Vladimir Nabokov

Humbert Humbert is a middle-aged, fastidious college professor. He also likes little girls. And none more so than Lolita, who he'll do anything to possess. Is he in love or insane? A silver-tongued poet or a pervert? A tortured soul or a monster? Or is he all of these?

## **The Bell Jar**, Sylvia Plath

Esther Greenwood is at college and is fighting two battles, one against her own desire for perfection in all things – grades, boyfriend, looks, career – and the other against remorseless mental illness. As her depression deepens she finds herself encased in it, bell-jarred away from the rest of the world. This is the story of her journey back into reality. Highly readable, witty and disturbing, 'The Bell Jar' is Sylvia Plath's only novel and was originally published under a pseudonym in 1963. What it has to say about what women expect of themselves, and what society expects of women, is as sharply relevant today as it has always been.

## **A Dark Dividing**, Sarah Rayne

Journalist Harry Fitzglen is sceptical when his editor asks him to investigate the background of Simone Anderson, a new Bloomsbury artist. But once he's met the enigmatic Simone, Harry is intrigued. Just what did happen to Simone's twin sister who disappeared without trace? And what is the connection to another set of twin girls, Viola and Sorrel Quinton, born eighty years before? All Harry's lines of enquiry seem to lead to the Shropshire village of Weston Fferna and the imposing ruin of Mortmain House, standing grim and forbidding on the Welsh borders. As Harry delves into the violent and terrible history of Mortmain, he finds himself drawn into a number of interlocking mysteries, each one more puzzling – and sinister – than the last.

## **Tower Of Silence**, Sarah Rayne

Selina March has lived in the remote Scottish hamlet of Inchcape, with its mysterious Round Tower, for nearly 50 years. When she reluctantly accepts a paying guest, her secluded life will change forever. Crime writer Joanna Savile has come to interview the inmates at Moy, the asylum for the criminally insane situated nearby. Her secret aim is to question former child murderer Mary Maskelyne, Moy's most infamous patient. Joanna's prying will yield unexpected results. For, although they have never met, Selina March and Mary Maskelyne are connected by a shared family tragedy: a terrible act of unspeakable cruelty that took place in India 50 years before. And there are secrets in Selina's more recent past too. Secrets that are about to be unearthed with the most horrifying consequences.

## **The Interpretation of Murder**, Jed Rubenfeld

A dazzling literary thriller – the story of Sigmund Freud assisting a Manhattan murder investigation, inspired by Sigmund Freud's 1909 visit to America, accompanied by protégé and rival Carl Jung. When a wealthy young debutante is discovered bound, whipped and strangled in a luxurious apartment overlooking the city, and another society beauty narrowly escapes the same fate, the mayor of New York calls upon Freud to use his revolutionary new ideas to help the surviving victim recover her

memory of the attack, and solve the crime. But nothing about the attacks – or about the surviving victim, Nora – is quite as it seems. And there are those in very high places determined to stop the truth coming out, and Freud's startling theories taking root on American soil.

### **The Lovely Bones**, Alice Sebold

My name was Salmon, like the fish; first name, Susie. I was 14 when I was murdered on December 6, 1973. My murderer was a man from our neighbourhood. My mother liked his border flowers, and my father talked to him once about fertiliser. This is Susie Salmon. Watching from heaven, Susie sees her happy, suburban family devastated by her death, isolated even from one another as they each try to cope with their terrible loss alone. Over the years, her friends and siblings grow up, fall in love, do all the things she never had the chance to do herself. But life is not quite finished with Susie yet. A luminous and astonishing novel about life and death, forgiveness and vengeance, memory and forgetting – but, above all, about finding light in the darkest of places.

### **Revolver**, Marcus Sedgwick

Sig Andersson has a choice to make – use the gun or die. An unforgettable, razor-sharp psychological thriller set in the snowy wilderness of the Arctic Circle. A cabin north of the Arctic Circle. Fifteen-year-old Sig Andersson is alone. Alone, except for the corpse of his father, who died earlier that day after falling through a weak spot on the ice-covered lake. His sister, Anna, and step-mother, Nadya, have gone to the local town for help. Then comes a knock at the door. It's a man, the flash of a revolver's butt at his hip, and a mean glare in his eyes. Sig has never seen him before but Wolff claims to have unfinished business with his father. As Sig gradually learns the awful truth about Wolff's connection to his father, his thoughts are drawn to a certain box hidden on a shelf in the storeroom, in which lies his father's prized possession – a revolver. As the stakes rise and Wolff begins to close in, Sig's choice is pulled into sharp focus. Should he use the gun?

### **Before I Go To Sleep**, S.J. Watson

Memories define us. So what if you lost yours every time you went to sleep? Your name, your identity, your past, even the people you love – all forgotten overnight. And the one person you trust may only be telling you half the story. Welcome to Christine's life.

### **Diary Of A Confused Feminist**, Kate Weston

Kat Evans doesn't know much about feminism, but she does know this. Utterly hilarious and boldly honest, Kat tells it how it is – and it is INCREDIBLY embarrassing. 15-year-old Kat wants to do GOOD FEMINISM, although she's not always sure what that means. She also wants to be a writer, get together with Hot Josh (is this a feminist ambition?), win at her coursework and not make a TOTAL EMBARRASSMENT of herself at all times. But the path to true feminism is filled with mortifying incidents, muddling moments and Instagram hell. And it doesn't help that Hot Josh is just, well, properly, distractingly hot. And when everything at school starts to get a bit too much, Kat knows she's lost her way, and the only way forward is to ask for help...

## **Oxford University Resource Hub – Psychology**

<https://aeon.co/>

<https://www.nhs.uk/news/>

<https://www.youtube.com/watch?v=NRnVUqIWnYA&list=PLWTqyLGDhzHBbu6oEgiHEFayR5xe-ukXs&index=3&t=0s>

<https://digest.bps.org.uk/>

<https://www.learningscientists.org/blog/>

<https://www.youtube.com/watch?v=MJxOPYNnb4A>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/drugs-recreational-drugs-alcohol/about-recreational-drugs/>

<https://www.discovermagazine.com/neuroskeptic>

<https://www.sciencefriday.com/radio/>

<http://thescientific23.com/home>

<https://www.significancemagazine.com/>

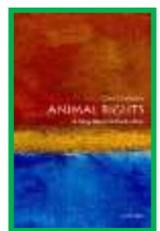
[https://www.ted.com/playlists/175/the\\_struggle\\_of\\_mental\\_health](https://www.ted.com/playlists/175/the_struggle_of_mental_health)

## Veterinary Medicine



### **Animals, Ethics And Us**, Dr Madeleine Campbell

Everyone has a view about animal ethics. Each of us, for example, has an opinion about whether we should eat meat; whether animals should be used for scientific research, or whether the use of animals in sport is acceptable. But very few of us stop to wonder about the basis of our views, or to rationalise them. In this book, Madeleine Campbell aims to enable us to do so, by addressing a series of questions such as 'When does animal use become abuse?'; 'Why do we treat some animals differently from others?'; 'Are there some things which we should never do to animals?', and 'Just because we can, should we'. Drawing on her experience as a Veterinarian; a European Diplomat in Animal Welfare Science, Ethics and Law; a researcher and teacher, the author takes ethical argument beyond academia and applies it to the question which currently dominates societal debate about human-animal interactions: what (if anything) is a reasonable use of an animal? 'Animals, Ethics, and Us' offers a stripped-back, balanced and moderate perspective, based on logical argument, philosophical principles and sound science. It is a thought-provoking read aimed at a broad readership including informed owners and animal enthusiasts, as well as useful a primer for students of animal ethics, welfare and veterinary medicine.



### **Animal Rights: A Very Short Introduction**, David DeGrazia

Do animals have moral rights? If so, what does this mean? What sorts of mental lives do animals have, and how should we understand welfare? By presenting models for understanding animals' moral status and rights, and examining their mental lives and welfare, David DeGrazia explores the implications for how we should treat animals in connection with our diet, zoos, and research.



### **Listening To The Animals: Becoming The Supervet**, Noel Fitzpatrick

A powerful, heart-warming and inspiring memoir from the UK's most famous and beloved vet, Professor Noel Fitzpatrick – star of the Channel 4 series 'The Supervet'. Growing up on the family farm in Ballyfin, Ireland, Noel's childhood was spent tending to the cattle and sheep, the hay and silage, the tractors and land, his beloved sheepdog Pirate providing solace from the bullies that plagued him at school. It was this bond with Pirate, and a fateful night spent desperately trying to save a newborn lamb, that inspired Noel to enter the world of veterinary science – and set him on the path to becoming The Supervet. Noel recounts this often-surprising journey that sees him leaving behind a farm animal practice in rural Ireland to set up Fitzpatrick Referrals in Surrey, one of the most advanced small animal specialist centres in the world. We meet the animals that paved the way, from calving cows and corralling bullocks to talkative parrots and bionic cats and dogs. Noel has listened to the many lessons that the animals in his care have taught him, and especially the times he has shared with his beloved Keira, the scruffy Border Terrier who has been by Noel's side as he's dealt with the unbelievable highs and crushing lows of his extraordinary career. 'Listening to the Animals' is a story of love, hope and

compassion, and about rejoicing in the bond between humans and animals that makes us the very best we can be.



### **Horses, Heifers And Hairy Pigs**, Julian Norton

Based at the Skeldale Veterinary Centre, in Thirsk, North Yorkshire, the modern, relocated practice featured in the classic stories of James Herriot, and with a foreword by James Herriot's son, this is a warm and evocative memoir from a young vet whose love for his vocation shines through on every page. From alpacas to exotic pigs, puppies to rabbits, Julian has treated them all and his book is packed with stories about his loveable patients and will prove a firm favourite with all animal lovers. Dealing with unexpected exotic pets – and handling excitable humans too – Julian has seen all sides of the veterinary world and writes about it all with humour and affection. Just as happy calving a cow, treating a dehydrated chameleon or tending to the overgrown teeth of a rabbit, his passion for his work shines through on every page, as does his love for Yorkshire. Julian Norton also stars in Channel 5's fly-on-the-wall documentary series 'The Yorkshire Vet'.



### **Fitness To Practice: A Guide For UK Veterinary Schools and Veterinary Students**, Royal College of Veterinary Surgeons (RCVS)

The concept of being fit to practice is not just about achieving academic qualification; it is about being of good character, being responsible and being worth of the trust and confidence of the public and peers. Produced by the Royal College of Veterinary Surgeons (RCVS) and seven of the UK vet schools with RCVS-approved vet degrees.



### **The Man Who Mistook His Wife For A Hat**, Oliver Sacks

A classic work of psychology, this international bestseller provides a ground-breaking insight into the human mind. If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self – himself – he cannot know it, because he is no longer there to know it. In this extraordinary book, Dr Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognise everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities; who have been dismissed as autistic or retarded, yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant tales illuminate what it means to be human.

### **Walks Of Life**, Walksoflife.org



A veterinary careers information booklet to help broaden the range of applicants to vet school and explain the many different career options available with a veterinary degree. This brochure will walk you through what it takes to be a vet, its rewards and where to start.

\*Available to borrow from the Library in both booklet and dvd format.\*



### **Veterinary Science: A Very Short Introduction**, James Yeates

Every year billions of animals, from housecats to racehorses to pythons, are treated by veterinarians. The use of veterinary science to treat the health of animals has a long history; for the past five centuries it has developed as our understanding of animals' fundamental biology, pathology, and pharmacology has grown. Rapid global changes expected in the 21st century will require the profession to respond proactively, embracing new challenges and opportunities. James Yeates, Chief Veterinary Officer of the RSPCA, introduces the field of veterinary science, covering the history of its scientific and clinical aspects from early practices to recent challenges such as the outbreak of BSE and antibiotic resistance, and considering the differences between human medicine and veterinary medicine. Analysing the key roles played by diagnosis, treatment, and prevention with regard to the health of farm animals and pets, he relates this to wider aspects concerning public health, such as zoonoses (diseases that jump from animals to humans). Yeates also covers recent 'One Health' approaches involving the health of both humans and

animals, seen as synergistic, and discusses the challenges for the future of veterinary medicine, including the ethical dilemmas in balancing the interests of owners and animals when they do not coincide.

## Veterinary Medicine Fiction Selection

### **Born Free**, Joy Adamson

Fifty years ago Joy Adamson first introduced to the world the story of her life alongside Elsa the lioness, whom she had rescued as an orphaned cub, and raised at her home in Kenya. But as Elsa had been born free, Joy made the heartbreaking decision that she must be returned to the wild when she was old enough to fend for herself.

### **If Only They Could Talk**, James Herriot

Fresh out of Veterinary College, and shoulder-deep in an uncooperative cow, James Herriot's first job is not panning out exactly as expected...To a Glaswegian like James, 1930s Yorkshire appears to offer an idyllic pocket of rural life in a rapidly changing world. But even life in the sleepy village of Darrowby has its challenges. On the one hand there are his new colleagues, Siegfried and Tristan Farnon, two brothers who attract a constant stream of local girls to whom James is strangely invisible. On the other he must contend with herds of semi-feral cattle, gruff farmers with incomprehensible accents and an overweight Pekingese called Tricky Woo.

### **It Shouldn't Happen To A Vet**, James Herriot

Lesson number one: When taking a cow's temperature the old-fashioned way, never let go of the thermometer...Now firmly ensconced in the sleepy Yorkshire village of Darrowby, recently-qualified vet James Herriot has acclimatised to life with his unpredictable colleagues, brothers Siegfried and Tristan Farnon. But veterinary practice in the 1930s was never going to be easy, and there are challenges on the horizon, from persuading his clients to let him use his 'modern' equipment, to becoming an uncle (to a pig called Nugent). Throw in his first encounters with Helen, the beautiful daughter of a local farmer, and this year looks to be as eventful as the last.

### **The Story Of Doctor Dolittle**, Hugh Lofting

Once upon a time, many years ago – when our grandfathers were little children –here was a doctor, and his name was Dolittle - John Dolittle M.D. Doctor Dolittle likes animals. In fact, he likes them so much he fills his house with every kind of creature imaginable and even learns to talk their language. And when the Doctor hears of a terrible sickness among the monkeys in Africa, soon he and his animal friends are setting off on the most unforgettable adventure...

### **H Is For Hawk**, Helen MacDonald

A powerful and profound meditation on grief expressed through the trials of training a goshawk. As a child, Helen Macdonald was determined to become a falconer, learning the arcane terminology and reading all the classic books. Years later, when her father died and she was struck deeply by grief, she became obsessed with the idea of training her own goshawk. She bought Mabel for £800 on a Scottish quayside and took her home to Cambridge, ready to embark on the long, strange business of trying to train this wildest of animals. 'H is for Hawk' is an unflinchingly honest account of Macdonald's struggle with grief during the difficult process of the hawk's taming and her own untaming. This is a book about memory, nature and nation, and how it might be possible to reconcile death with life and love.

### **Arctic Zoo**, Robert Muchamore

'It isn't easy to change the world but you've got to keep trying.' Georgia gets straight As at school, has been placed first in 26 drone races and has a serious addiction to buying Japanese stationery. She

plans to follow her older sister Sophie and become a doctor, but her worldview is shattered when tragedy strikes. Julius lives in Ondo, a Nigerian state where half the population lives on less than a dollar a day. But he isn't one of them. His uncle has been state governor for more than a decade and his mother is the power behind that throne. He finds refuge in a derelict zoo with best friend Duke, but as the two of them grow close, the world outside becomes more and more hostile.

## Oxford University Resource Hub – Veterinary Medicine

<https://www.vet.cam.ac.uk/>

<https://www.chu.cam.ac.uk/study-us/undergraduates/subjects/veterinary-medicine/>

<https://www.gresham.ac.uk/lectures-and-events/getting-to-know-you-how-do-animals-recognise-each-other-and-us>

<https://www.rvc.ac.uk/>

<https://training.seer.cancer.gov/anatomy/> (recommended by Cambridge University's Churchill College to compare human and animal anatomy)

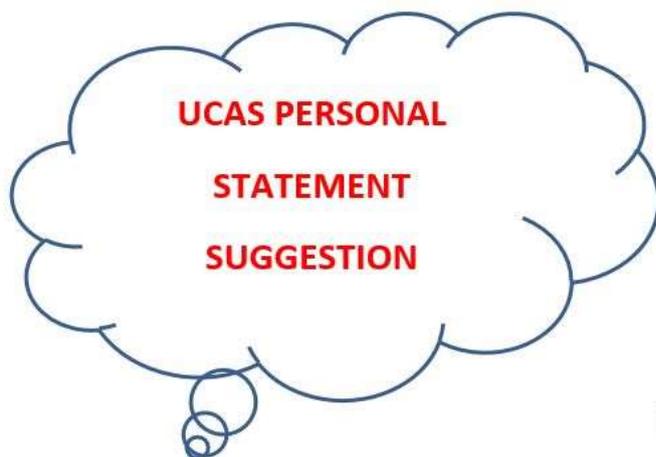
<http://vanat.cvm.umn.edu/anatDirections/>

<http://www.avukireland.co.uk/>

<https://www.vettech.org/25-amazing-veterinarian-breakthroughs-in-the-last-10-years>

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All the above resources are available to borrow from the Library. Look for this label.



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to read

