

MEDIA RELEASE

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NEW BOOK OFFERS FRONTLINE DOCTORS AND NURSES A LIFELINE AGAINST BURNOUT

Meditation for Medics - Stopping the Noise: A Simple Guide to Unshakeable Mindfulness by a Busy ER Doctor - Emergency Physician, Associate Professor Dr Andrew Dean

In the relentless chaos of emergency medicine, where life-or-death decisions are made under blinding pressure, it has become clear that one of the greatest challenges to doctors, nurses, and healthcare providers isn't just the emergency in front of them, the lack of resources, or the fatigue, it's the relentless noise within and around them.

In his new book, *Meditation for Medics - Stopping the Noise: A Simple Guide to Unshakeable Mindfulness by a Busy ER Doctor*, Dr Dean shares his simple, practical approach to mastering the mental noise that drives stress, burnout, and emotional exhaustion across the healthcare profession.

This book is timely...

Healthcare systems worldwide are overstretched, under-resourced, and burdened with systemic challenges that individual clinicians cannot fix alone. Yet while systemic reform takes time, frontline workers need tools they can use today to survive and thrive.

That is where mindfulness goes from being a buzzword, to a survival skill.

"Mindfulness alone is not the answer to all of medicine's systemic challenges, but it can be a crucial part of our own answer," says Dr Dean. "When we cultivate unshakeable mindfulness, stress no longer dominates our days, but fades into the background, becoming the smallest part of how we experience life."

Through his daily meditation techniques, Dr Dean shows how healthcare providers can train their minds to slow the heart, steady the breath, and sharpen focus. The result - reduced stress, greater resilience, and the ability to meet the chaos of emergency medicine with calm clarity.

With nearly 40 years on the frontline of emergency medicine, Dr Dean is not only the Acting Head of Melbourne Clinical School, School of Medicine Sydney, University of Notre Dame Australia, but also Director of Clinical Training at St. John of God Hospital in Ballarat Victoria. He has trained thousands of medical students, doctors, and healthcare professionals, and distils a lifetime of insight on how to work under pressure into one simple guide.

Written for doctors, nurses, paramedics, medical students, and healthcare providers of every kind, this book is:

Grounded in science: based on evidence of how meditation reshapes stress responses.

Shaped by experience: drawn from nearly four decades in emergency medicine.

Accessible in practice: practical tools that can be integrated into even the busiest working environment.

Summary:

Meditation for Medics - Stopping the Noise: A Simple Guide to Unshakeable Mindfulness by a Busy ER Doctor has been written for healthcare professionals to support them to:

- Calm the mind in the middle of chaos;
- Reduce stress, emotional fatigue, and burnout; and
- Build resilience and focus under relentless pressure.

PUBLISHING DETAILS:

Title: *Meditation for Medics - Stopping the Noise: A Simple Guide to Unshakeable Mindfulness by a Busy ER Doctor*

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