

*The Anatomy of Hope; How People Prevail in the Face of Illness*, by Jerome Groopman, (2004).

The author, a physician, honestly and compassionately shares both professional and personal experiences that have formed his viewpoints on the definition and significance of hope. Groopman describes hope as the heart of healing, beneficial to mind, body, and spirit. His writing content inspires and fosters hope in readers, and his writing style and vocabulary make this book very readable.