

# The White Coat Investor A Doctors Guide To Personal Finance And Investing

A timeless approach to investing wisely over an investment lifetime With the current market maelstrom as a background, this timely guide describes just how to plan a lifetime of investing, in good times and bad, discussing stocks and bonds as well as the relationship between risk and return. Filled with in-depth insights and practical advice, The Investor's Manifesto will help you understand the nuts and bolts of executing a lifetime investment plan, including: how to survive dealing with the investment industry, the practical meaning of market efficiency, how much to save, how to maintain discipline in the face of panics and manias, and what vehicles to use to achieve financial security and freedom. Written by bestselling author William J. Bernstein, well known for his insights on how individual investors can manage their personal wealth and retirement funds wisely Examines how the financial landscape has radically altered in the past two years, and what investors should do about it Contains practical insights that the everyday investor can understand Focuses on the concept of Pascal's Wager-identifying and avoiding worst-case scenarios, and planning investment decisions on that basis With The Investor's Manifesto as your guide, you'll quickly discover the timeless investment approaches that can put you in a better position to prosper over time.

Get Your Career Off on the Right Track! Everything Physicians Need to Know About Employment Contracts COMPENSATION AND BENEFITS \*Dangers of productivity compensation \*Common incentive compensation formulas - what needs to be included \*Benefits to look out for in addition to your compensation \*How to determine if you are "disabled," and how the employer should NOT be able to make this determination \*What the employer can, and can't negotiate as far as benefits \*Stark law traps, and how to avoid them RESTRICTIVE COVENANTS \*What's really important in restrictive covenants, and what isn't worth negotiating over \*Minimizing the impact of a restrictive covenant \*How you can be released from a restrictive covenant \*Negotiation strategies in buy-outs of restrictive covenants CALL COVERAGE \*The language you must have DEFINING WHAT IS EXPECTED OF YOU \*Patient contact hours expectations \*What flexibility an employer will demand THE TERM OF THE AGREEMENT \*Issues with hospital and managed care credentialing, and how to work around them \*Grounds for termination \*"Without cause" termination issues OTHER ISSUES IN AGREEMENTS TO WATCH OUT FOR \*Medical record issues \*Assignment of location of service \*Budgetary weasel language to avoid \*Malpractice issues in common provisions MALPRACTICE INSURANCE \*The types of coverage, and the significance when you leave \*Need for "tail coverage" \*How to minimize the devastating cost of "tail coverage" PRIVATE PRACTICE ISSUES \*Time to ownership \*Concerns with "guaranteed" ownership \*Costs of the buy-in \*Methodologies for determining the buy-in, and the pros and cons of each \*Why a cheap buy-in may not be in your best interest \*What provisions are absolutely vital in regard to future ownership

PRAISE FOR DOCTOR'S EYES ONLY ""Doctor's Eyes Only should be required reading not only for young doctors, but for all young professionals and people with significant earning potential. Although I became associated with excellent financial advisors later in life, I wish I had read this book much earlier in my career. It is easy to understand and very practical."" Dr. Benjamin S. Carson, Sr., Johns Hopkins Professor of Neurosurgery, Oncology, Plastic Surgery, and Pediatrics; Director of the Division of Pediatric Neurosurgery; Co-Director of the The Johns Hopkins Craniofacial Center; Award Winner of the Presidential Medal of Freedom; and Best-Selling Author ""Doctor's Eyes Only is the financial book I wish I would have read earlier in my professional career. It gave me a wonderful insight into managing finances that I never learned in surgical training. It is also tailored to my unique needs as a physician."" Dr.

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Michael Lim, Johns Hopkins Assistant Professor of Neurosurgery and Oncology; Director of the Metastatic Brain Tumor Center; Director of Brain Tumor Immunotherapy ""Doctor's Eyes Only is a must-read for all medical residents and physicians early in their careers. This really is the missing business and financial course and I provide a copy to all surgical residents in my program."" Dr. Matthew McGirt, Vanderbilt University Medical Center Assistant Professor of Neurological Surgery; Director of Clinical Spine Research Doctor's Eyes Only: "Exclusive Financial Strategies for Today's Doctors and Dentists" is the missing financial guide that physicians need as a supplement to their ongoing professional training. These pages include basic financial wisdom that could end up saving you millions of dollars throughout your medical career. The strategies and advice contained are unique to the needs of high-income physicians and dentists. Asset protection, investment fundamentals, tax planning, and practice management are well covered by the leaders of America's largest financial firm that exclusively serves the needs of high income medical professionals.

Stop working for your money—and put your money to work for you! Tens of thousands of readers trust Dan Solin's advice when it comes to investing, managing their portfolios and their 401(k)s, and planning for retirement. Now Solin offers the smartest guide to money management and financial planning yet. From managing your debt, maximizing savings, and making smart decisions about home ownership (or not) to insurance, investing, and retirement, The Smartest Money Book You'll Ever Read will be your guide to financial independence for a lifetime—and beyond. Written in the same no-nonsense style as his previous bestsellers, The Smartest Money Book You'll Ever Read breaks financial planning and money management into bite-size pieces—with immediately actionable advice. Covering the key tasks in every area of personal finance, Solin shows you how to:

- Analyze your money problems and get motivated to solve them
- Get out of debt fast, and draw up a budget you can live on—and live with
- Blow off useless commission-based advisors and learn to take control of your own financial future
- Buy the health/life/disability/auto insurance you need—and only what you need
- Invest so that—finally—your money works for you, not someone else

Step by simple step, this is advice that you can actually understand and follow. You can avoid debt-addiction and other financial hazards, as well as learn to harness the power of the web to put your money to work. The Smartest Money Book You'll Ever Read is recommended by Mint.com, the world's largest free online financial planning site, for use by its members. However, all of the advice in this book is readily accessible to all readers.

White Coat is Dr. Ellen Lerner Rothman's vivid account of her four years at Harvard Medical School. Describing the grueling hours and emotional hurdles she underwent to earn the degree of M.D., Dr. Rothman tells the story of one woman's transformation from a terrified first-year medical student into a confident, competent doctor. Touching on the most relevant issues in medicine today--such as HMOs, AIDS, and assisted suicide--Dr. Rothman recounts her despair and exhilaration as a medical student, from the stress of exams to the hard-won rewards that came from treating patients. The anecdotes in White Coat are funny, heartbreaking, and at times horrifying. Each chapter takes us deeper into Dr. Rothman's medical school experience, illuminating her struggle to walk the line between too much and not enough intimacy with her patients. For readers of Perri Klass and Richard Selzer, Dr. Rothman looks candidly at medicine and presents an unvarnished perspective on a subject that matters to us all. White Coat opens the infamously closed door between patient and doctor in a book that will change the way we look at our medical establishment. In White Coat, Ellen Rothman offers a vivid account of her four years at one of the best medical schools in the country, and opens the infamously closed door between patient and doctor. Touching on today's most important medical issues -- such as HMOs, AIDS, and assisted suicide -- the author navigates her way through despair, exhilaration, and a lot of exhaustion in Harvard's classrooms and Boston's hospitals to earn the indisputable title to which we entrust our lives. With a thoughtful, candid

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voice, Rothman writes about a wide range of experiences -- from a dream about holding the hand of a cadaver she had dissected to the acute embarrassment she felt when asking patients about their sexual histories. She shares her horror at treating a patient with a flesh-eating skin infection, the anxiety of being "pimped" by doctors for information (when doctors quiz students on anatomy and medicine), as well as the ultimate reward of making the transformation and of earning a doctor's white coat. For readers of Perri Klass, Richard Selzer, and the millions of fans of ER, White Coat is a fascinating account of one woman's journey through school and into the high-stakes drama of the medical world. In White Coat, Ellen Rothman offers a vivid account of her four years at one of the best medical schools in the country, and opens the infamously closed door between patient and doctor. Touching on today's most important medical issues -- such as HMOs, AIDS, and assisted suicide -- the author navigates her way through despair, exhilaration, and a lot of exhaustion in Harvard's classrooms and Boston's hospitals to earn the indisputable title to which we entrust our lives. With a thoughtful, candid voice, Rothman writes about a wide range of experiences -- from a dream about holding the hand of a cadaver she had dissected to the acute embarrassment she felt when asking patients about their sexual histories. She shares her horror at treating a patient with a flesh-eating skin infection, the anxiety of being "pimped" by doctors for information (when doctors quiz students on anatomy and medicine), as well as the ultimate reward of making the transformation and of earning a doctor's white coat. For readers of Perri Klass, Richard Selzer, and the millions of fans of ER, White Coat is a fascinating account of one woman's journey through school and into the high-stakes drama of the medical world. Do you know how you'll fund your retirement? It's true that most people won't have nearly enough money to last them for the long run.-Prepare for the climb to retirement using real estate investing-Learn the benefits of real estate investing-Differentiate the potential routes to build wealthBut after you can retire...then what?-Learn how to use real estate income and equity to live in retirement!-Read real-life profiles of investors who used real estate to retire-Put your retirement plan into action!Written by a seasoned real estate investor, landlord, and retiree, this book exposes the biggest benefit of retirement: Continue to make passive income while doing MORE with your life!

The classic guide to constructing a solid portfolio—without a financial advisor! “With relatively little effort, you can design and assemble an investment portfolio that, because of its wide diversification and minimal expenses, will prove superior to the most professionally managed accounts. Great intelligence and good luck are not required.” William Bernstein’s commonsense approach to portfolio construction has served investors well during the past turbulent decade—and it’s what made The Four Pillars of Investing an instant classic when it was first published nearly a decade ago. This down-to-earth book lays out in easy-to-understand prose the four essential topics that every investor must master: the relationship of risk and reward, the history of the market, the psychology of the investor and the market, and the folly of taking financial advice from investment salespeople. Bernstein pulls back the curtain to reveal what really goes on in today’s financial industry as he outlines a simple program for building wealth while controlling risk. Straightforward in its presentation and generous in its real-life examples, The Four Pillars of Investing presents a no-nonsense discussion of: The art and science of mixing different asset classes into an effective blend The dangers of actively picking stocks, as opposed to investing in the whole market Behavioral finance and how state of mind can adversely affect decision making Reasons the mutual fund and brokerage industries, rather than your partners, are often your most direct competitors Strategies for managing all of your assets—savings, 401(k)s, home equity—as one portfolio Investing is not a destination. It is a journey, and along the way are stockbrokers, journalists, and mutual fund companies whose interests are diametrically opposed to yours. More relevant today than ever, The Four Pillars of Investing shows you how to determine your own financial

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direction and assemble an investment program with the sole goal of building long-term wealth for you and your family.

Investing in Real Estate Private Equity is your practical guide to investing in real estate through private offerings with established companies. The passive investment strategies for wealth building and income generation described in this book have traditionally been used by some of the world's most sophisticated institutional investors, but are now available to nearly everyone thanks to recent regulatory changes. This handbook will guide you through the process of building your own diversified real estate portfolio by identifying and making investments with established and experienced private real estate operators. This is NOT another get-rich-quick real estate fix & flip scheme. You will NOT be encouraged to sign up for conferences or clubs to learn a no-money-down investment strategy. This IS a practical guide meant to help you avoid common mistakes and navigate more skillfully through an often byzantine industry. You will learn:- What a private real estate investment is; the mechanics of syndicates, funds, and crowdfunding- Fundamentals of basic real estate evaluation- How to evaluate operators and investments- Fees, incentives, and other loads- Common terms and structures- Strategies to evaluate and manage risk- How to create and execute a personalized investment strategy Most people underestimate the time requirements, complexity, risk, and general brain damage involved with buying real estate directly. Thankfully, private real estate investments provide most of the same benefits as direct ownership, while taking advantage of established real estate companies' years of experience, market knowledge, industry reputation, negotiating leverage, and expertise. Even better, they allow investors to diversify their investment allocation across a range of real estate product types (multifamily, retail, office, self-storage, etc.) and throughout the capital stack (equity, debt, mezzanine, and preferred equity), all while working with specialists in each strategy. Written by an experienced practitioner with over \$1 billion in transactional experience, this book challenges conventional wisdom and provides an inside look into how the industry actually works. Using the practical tips and strategies found here, you can build your own unique real estate portfolio, manage risk, avoid common mistakes, hopefully make money, and perhaps even have some fun along the way.

The Chronicles of Women in White Coats 3 gives you a chance to look into the lives of women doctors through their stories. From their personal and professional narratives, these women discuss their many roles at work and home. You'll get a glimpse of the journey into medicine that includes moments of confidence, impostor syndrome, failure, and negative self talk. In this book, you'll also discover instances of double standards and sexual harassment. All these inspirational stories are part of "The Chronicles of Women in White Coats" book series that gives you a sneak peak to what it means to a Woman in a White Coat.

The proven guide to taking control of your finances The bestselling Personal Finance For Dummies has helped countless readers budget their funds successfully, rein in debt, and build a strong foundation for the future. Now, renowned financial counselor Eric Tyson combines his time-tested financial advice along with updates to his strategies that reflect changing economic conditions, giving you a better-than-ever guide to taking an honest look at your current financial health and setting realistic goals for the future. Inside, you'll find techniques for tracking expenditures, reducing spending, and getting out from under the burden of high-interest debt. Tyson explains the basics of investing in plain English, as well as the risks, returns, and options for popular investment strategies. He also covers ways to save for college and special events, tame your taxes, and financially survive the twists and turns that life delivers. The bestselling, tried-and-true guide to taking control of finances, now updated to cover current economic conditions Provides concrete, actionable advice for anyone facing great financial hardship Helps you avoid or get out of debt and budget funds more successfully Eric Tyson, MBA, is a nationally recognized personal finance counselor and the author of numerous For Dummies titles, including Home Buying For Dummies, Investing For Dummies, and Mutual

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Funds For Dummies, among others There's no need to stress over an uncertain economy — just read Personal Finance For Dummies and protect your financial future!

"When Damon Tweedy first enters the halls of Duke University Medical School on a full scholarship, he envisions a bright future where his segregated, working class background will become largely irrelevant. Instead, he finds that he has joined a new world where race is front and center. When one of his first professors mistakes him for a maintenance worker, it is a moment that crystallizes the challenges he will face throughout his early career. Making matters worse, in lecture after lecture the common refrain for numerous diseases resounds: "more common in blacks than whites." [This book] examines the complex ways in which both black doctors and patients must navigate the difficult and often contradictory terrain of race and medicine"--

The New York Times bestselling author of *Complications* examines, in riveting accounts of medical failure and triumph, how success is achieved in a complex and risk-filled profession. The struggle to perform well is universal: each one of us faces fatigue, limited resources, and imperfect abilities in whatever we do. But nowhere is this drive to do better more important than in medicine, where lives are on the line with every decision. In his new book, Atul Gawande explores how doctors strive to close the gap between best intentions and best performance in the face of obstacles that sometimes seem insurmountable. Gawande's gripping stories of diligence, ingenuity, and what it means to do right by people take us to battlefield surgical tents in Iraq, to labor and delivery rooms in Boston, to a polio outbreak in India, and to malpractice courtrooms around the country. He discusses the ethical dilemmas of doctors' participation in lethal injections, examines the influence of money on modern medicine, and recounts the astoundingly contentious history of hand washing. And as in all his writing, Gawande gives us an inside look at his own life as a practicing surgeon, offering a searingly honest firsthand account of work in a field where mistakes are both unavoidable and unthinkable. At once unflinching and compassionate, *Better* is an exhilarating journey narrated by "arguably the best nonfiction doctor-writer around" (*Salon*). Gawande's investigation into medical professionals and how they progress from merely good to great provides rare insight into the elements of success, illuminating every area of human endeavor.

A comprehensive guide to dealing with student loans for physicians, written to concisely cover a complex topic and give you (the premed, medical student, resident, or attending physician) the tools and background you need to handle the big investment you've made in yourself. Topics include: -- Borrowing less and minimizing interest accrual during school -- How Federal Loans Work & Federal Repayment Options -- Income-driven repayment (IBR, PAYE, REPAYE, and ICR) -- Federal "Direct" Consolidation -- Forbearance & Deferment -- Public Service Loan Forgiveness -- Maximizing PSLF -- Long-Term Loan Forgiveness & Loan Repayment Programs -- Private Refinancing -- Taxes & Retirement This is the only complete up-to-date book-length treatment of student loans currently available, and it's doubly unique as the only one written specifically for doctors by a fellow physician. Please visit: [benwhite.com](http://benwhite.com)

What You Don't Know About Real Estate Investing . . . . . Could cause you to miss the greatest opportunity you'll ever have for growing passive income. As a busy professional, you can still have time to buy and manage a real estate investment--if you know how. It's no different from managing any other business: choose what you can do and hire someone to do the rest. With this book, you'll learn how to oversee a property management company and how to manage dozens of units yourself in less than 15 hours a month. In the fourth book of *The Doctors Guide* series, Dr. Cory S. Fawcett shows you how he managed five apartment complexes as a full-time surgeon--and what he learned along the way: -How to evaluate the profit potential of a real estate investment -How to create passive income without the restrictive IRS spending rules of a 401(k) -How the depreciation boosts your rental income "This is the book I wish I had before I started investing in rental properties. Everything a new investor

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needs to know is in this book." --Dan Lane, Rental Income Podcast "A book written with surgical precision on how to succeed in residential real estate investing." --J. Brant Darby, DDS Dr. Cory S. Fawcett is a consultant, speaker, award-winning author, entrepreneur, and repurposed general surgeon. He has been involved in more than two dozen business and real estate ventures. His passion for teaching personal finance and helping doctors lead happy and debt-free lives spans his entire career. His mission is to eliminate burnout, debt, and bankruptcy among physicians, dentists, and others in the healthcare industry through keynote speaking, writing, and one-on-one coaching.

"In the dark, bewildering, trap-infested jungle of misinformation and opaque riddles that is the world of investment, JL Collins is the fatherly wizard on the side of the path, offering a simple map, warm words of encouragement and the tools to forge your way through with confidence. You'll never find a wiser advisor with a bigger heart." -- Malachi Rempen: Filmmaker, cartoonist, author and self-described ruffian This book grew out of a series of letters to my daughter concerning various things-mostly about money and investing-she was not yet quite ready to hear. Since money is the single most powerful tool we have for navigating this complex world we've created, understanding it is critical. "But Dad," she once said, "I know money is important. I just don't want to spend my life thinking about it." This was eye-opening. I love this stuff. But most people have better things to do with their precious time. Bridges to build, diseases to cure, treaties to negotiate, mountains to climb, technologies to create, children to teach, businesses to run. Unfortunately, benign neglect of things financial leaves you open to the charlatans of the financial world. The people who make investing endlessly complex, because if it can be made complex it becomes more profitable for them, more expensive for us, and we are forced into their waiting arms. Here's an important truth: Complex investments exist only to profit those who create and sell them. Not only are they more costly to the investor, they are less effective. The simple approach I created for her and present now to you, is not only easy to understand and implement, it is more powerful than any other. Together we'll explore: Debt: Why you must avoid it and what to do if you have it. The importance of having F-you Money. How to think about money, and the unique way understanding this is key to building your wealth. Where traditional investing advice goes wrong and what actually works. What the stock market really is and how it really works. Why the stock market always goes up and why most people still lose money investing in it. How to invest in a raging bull, or bear, market. Specific investments to implement these strategies. The Wealth Building and Wealth Preservation phases of your investing life and why they are not always tied to your age. How your asset allocation is tied to those phases and how to choose it. How to simplify the sometimes confusing world of 401(k), 403(b), TSP, IRA and Roth accounts. TRFs (Target Retirement Funds), HSAs (Health Savings Accounts) and RMDs (Required Minimum Distributions). What investment firm to use and why the one I recommend is so far superior to the competition. Why you should be very cautious when engaging an investment advisor and whether you need to at all. Why and how you can be conned, and how to avoid becoming prey. Why I don't recommend dollar cost averaging. What financial independence looks like and how to have your money support you. What the 4% rule is and how to use it to safely spend your wealth. The truth behind Social Security. A Case Study on how this all can be implemented in real life. Enjoy the read, and the journey!

Doctors and other high income professionals receive little training in personal finance, investing, or business. This book teaches them what they did not learn in school or residency. It includes information on insurance, personal finance, budgeting, buying housing, mortgages, student loan management, retirement accounts, taxes, investing, correcting errors, paying for college, estate planning and asset protection.

As a resident, finding reliable, relevant, and succinct financial advice can be challenging. That's why we created MD in the Black, a personal finance resource

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specifically for medical residents. This book answers residents' most pressing financial questions, including: Should I pursue Public Service Loan Forgiveness? Do I really need to buy disability insurance? Should I use extra money to invest or pay back loans? What investments and accounts should I choose? How do I find reliable financial advice? Look inside for answers these questions and more, all free from the bias of industry and the distraction of less relevant content. Creation of this resource was sponsored by the Council of Residency Directors in Emergency Medicine.

**FROM SURGEON TO CEO** Snagging a degree in medicine doesn't prepare you to take on the world of entrepreneurship. Yet every year, thousands of doctors across the nation set out to launch their very own practices with little to no knowledge of what it truly takes to run a successful business. In this book, Dr. Edwin Williams reveals secrets that can help physicians at any level of their career attain success in launching and operating their own practice with complete confidence. Using examples and anecdotes from his own life, Dr. Williams takes readers through an intricate journey, outlining essential components that will help physicians kick-start and sustain a sturdy practice. Leveraging his advice, readers can sidestep hurdles, avoid errors, and dodge costly mistakes, all while launching a business that breeds success for the present ... and the future. Building on his own life experience, Dr. Edwin Williams has crafted an excellent and important book that should be required reading for every physician aspiring to start or already running a private practice. --William H. Truswell, MD, FACS; Past President of AAFPRS

There are those who think the goal of investing is to beat the market and amass as much wealth as possible, that street smarts and hard work ensure investment success, and that the road to happiness is paved with more of everything. And then there are those who get it. Want a more prosperous, less stressful financial life? Jonathan Clements, longtime personal finance columnist for The Wall Street Journal, is here to help. His goal: to provide readers with a coherent way to think about their finances, so they worry less about money, make smarter financial choices and squeeze more happiness out of the dollars that they have. *How to Think About Money* is built around five key ideas: Money can buy happiness, but we need to spend with great care. Most of us will enjoy an extraordinarily long life--and that has profound financial implications. We are hardwired for financial failure, so sensible money management takes great mental strength. We need to bring order to our financial life--by focusing on our paycheck, or lack thereof. If we want to add to our wealth, we should strive to minimize the subtractions. "Now why didn't I think of that? That's what you'll ask yourself after you read Jonathan Clements's fine new book. Its beauty lies in the commonsense and wisdom that is summed up in just five simple steps that will help you to earn your financial independence. Easy to understand, essential to follow."--John C. Bogle, founder, The Vanguard Group" Jonathan Clements brings his intelligence, insight and commonsense to *How to Think About Money*, which is packed with wisdom and

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great guidance. Read it and reap the rewards in the years and decades ahead."--Eric Tyson, author of Personal Finance for Dummies and Investing for Dummies "How to Think About Money is financial feng shui --a blueprint for harmonizing all the aspects of personal finance into a balanced way of approaching and managing money. I found myself measuring my own attitudes and beliefs against the yardsticks in Jonathan Clements's book, and was pleased to find that we're on the same page. Anyone who feels overwhelmed by the challenges of today's world can benefit from Clements's advice on how to make smart financial choices, as well as how to develop, in his words, a 'coherent way to think about their financial life'."--Janet Bodnar, editor, Kiplinger's Personal Finance magazine "Concise, important and true. Jonathan Clements provides you a path not just to better finances, but to a better life."--Terry Burnham, finance professor, Chapman University, and author of Mean Markets and Lizard Brains "Jonathan Clements writes so well and thinks so clearly that even financial planning, saving, and wise decisions are almost fun to think through with him as our guide."--Charles Ellis, author of Winning the Loser's Game "In How to Think About Money, Jonathan Clements, one of the premier financial writers of our times, provides readers with a roadmap for a successful financial life. It's an easy read that can result in changing the way readers look at investing and life. Read it and reap."--Mel Lindauer, Forbes.com columnist and co-author of The Bogleheads' Guide to Investing and The Bogleheads' Guide to Retirement Planning "Jonathan Clements is one of the greatest financial consumer advocates of our time, not only because of his emphasis on a practical and commonsense approach to personal finance, but because his message is delivered in a welcoming, easy-to-understand manner. That approach moves his readers to take the most important step toward winning in the personal-finance world--taking ownership of one's financial life and following that with action."--Peter Mallouk, president of Creative Planning and author of The 5 Mistakes Every Investor Makes and How to Avoid Them

By New Yorker and Atlantic writer Carl Elliott, a readable and even funny account of the serious business of medicine. A tongue-in-cheek account of the changes that have transformed medicine into big business. Physician and medical ethicist Carl Elliott tracks the new world of commercialized medicine from start to finish, introducing the professional guinea pigs, ghostwriters, thought leaders, drug reps, public relations pros, and even medical ethicists who use medicine for (sometimes huge) financial gain. Along the way, he uncovers the cost to patients lost in a health-care universe centered around consumerism.

The follow-up to the bestselling *The Power of Zero*, providing a blueprint to build a guaranteed, tax-free income stream that lasts for the long run. American retirees face a looming crisis. We are living longer than ever before, and most experts predict a dramatic rise in tax rates within the next ten years. The hard truth is that no matter how much you save, you are likely to outlive your money or watch it be taxed into oblivion. But when traditional retirement distribution

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strategies won't provide sufficient income in the face of higher taxes, what can you do? *Tax-Free Income for Life* lays out a comprehensive, step-by-step roadmap for a secure retirement. McKnight shows how the combination of guaranteed, inflation-adjusted lifetime income and a proactive asset-shifting strategy can shield you from longevity risk and the cascade of unintended consequences that result from higher taxes. It's an innovative and proven strategy that maximizes return while effectively neutralizing the two biggest risks to retirement savings. If ever there were a solution for the American retiree, it's guaranteed tax-free income for life.

Most doctors beginning their medical careers won't have the luxury of selling a practice, office building or an associated business to fund their retirements. Instead, they'll be retiring as employees of large groups or hospital systems. Making matters worse: Wages are expected to be flat for the foreseeable future, and retirement plans being offered by employers are nowhere near adequate. Dr. Ralph P. Crew offers practical strategies for new physicians in this guidebook for navigating whirlwinds of change. Learn how to determine how much to save to live comfortably after retiring; navigate defined contribution and defined benefit plans; assess the risks of inflation to your salary and savings; take advantage of having access to a 457 plan; and prepare for worst-case scenarios. In the past, physicians could accumulate wealth without great effort, but younger physicians will have to plan ahead and think hard about lifestyle decisions to ensure they can live comfortably in retirement. Filled with examples, easy-to-understand math, and up-to-date data, this informative and useful guide will help you take the right steps to ensure a secure retirement.

"Françoise Bourzat has written an authoritative book on guided psychedelic therapy with important lessons for anyone thinking of either guiding or being guided." —Michael Pollan via Twitter A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an

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invaluable contribution to the field of healing and transformation.

The Bogleheads are back-with retirement planning advice for those who need it! Whatever your current financial situation, you must continue to strive for a viable retirement plan by finding the most effective ways to save, the best accounts to save in, and the right amount to save, as well as understanding how to insure against setbacks and handle the uncertainties of a shaky economy. Fortunately, the Bogleheads, a group of like-minded individual investors who follow the general investment and business beliefs of John C. Bogle, are here to help. Filled with valuable advice on a wide range of retirement planning issues, including some pearls of wisdom from Bogle himself, The Bogleheads' Guide to Retirement Planning has everything you need to succeed at this endeavor. Explains the different types of savings accounts and retirement plans Offers insights on managing and funding your retirement accounts Details efficient withdrawal strategies that could help you maintain a comfortable retirement lifestyle Addresses essential estate planning and gifting issues With The Bogleheads' Guide to Retirement Planning, you'll discover exactly what it takes to secure your financial future, today.

Becoming a doctor is where the story begins for the authors of "The Chronicles of Women in White Coats". These twenty doctors give you a peek into their personal and professional lives while highlighting their roles as mothers, wives, caregivers, daughters, best friends, and so much more. From stories of sexual assault to breast cancer or even burn out to finding one's true passion, they all come together to show the resilience and strength that female doctors must possess. Their patient narratives are also stirring and reveal what goes through the minds of doctors before and after seeing those they care for.

How Physicians Can Leverage Their Clinical Skills to Transition to Another Career. By the time they realize their career in clinical medicine isn't everything they thought it would be, many physicians believe they're too invested in their trade to turn back now. Feeling burned out, disengaged, unfulfilled or burdened by high student debt or compensation incommensurate with the demands of their job, they may feel trapped, without options and with nowhere to turn. In her book, 50 NONCLINICAL CAREERS FOR PHYSICIANS: FULFILLING, MEANINGFUL, and LUCRATIVE ALTERNATIVES TO DIRECT PATIENT CARE, preventive medicine physician Sylvie Stacy offers physicians an escape from that bleak "trap" by identifying numerous nonclinical career options that could align with their skillsets and individual financial situation. While providing an escape from the stressors of clinical medicine, the book also allays much of the potential guilt associated with "selling out" their chosen profession or abandoning patients by explaining how each physician's training and talents directly translate to patient care outside of clinical medicine. The value of 50 NONCLINICAL CAREERS FOR PHYSICIANS is in its actionable advice, including how to market yourself in job applications and interviews, and the abundance of detail it provides - including responsibilities, range of compensation and stress levels - to help readers decide which alternative career is the best fit for them. And while other authors encourage physicians to start their own business, Stacy focuses on full-time positions that don't require the reader to begin their own consulting business or find their own clients.

The White Coat Investor A Doctor's Guide to Personal Finance and Investing White Coat Investor LLC the

Taxes Come First The 2017 Trump Tax Cuts and Jobs Act has lowered tax rates for the beleaguered American taxpayer. We live in a Golden Age of Taxes. The clock is ticking. The

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Trump tax cuts are slated to expire in 2025, while a regime change in Washington could undo them as early as 2021. Like grave robbers opening King Tut's tomb, Congress -- with no debate or public discussion -- plans to raid your retirement accounts for even more money under the so-called "SECURE" Act. Hang on to your wallet. Nationally recognized investment advisor Phil DeMuth decrypts the 73,954 pages of tax code to show you where the trip-wires lie. He offers simple rules of thumb to navigate the minefield, all in sparkling English. If you aren't playing the long game with your taxes now, you are sending a valentine to the U.S. Treasury every April 15 with a needlessly fat check attached. DeMuth shows how to safely pare your investment tax bill down to the legal minimum requirement. It adds up to a small fortune that would be better spent on your life, your family, and your retirement.

Learn how to protect and grow your wealth with this commonsense guide to investing You manage your own money. You understand the basics of investing and diversifying your portfolio. Now it's time to invest like a pro for greater profits—with investment expert David Stein, host of the popular weekly podcast, "Money for the Rest of Us." He's created a unique ten-question template that makes it easy for individual investors like you to:

- Invest more confidently
- Feel less overwhelmed
- Build a stronger portfolio
- Avoid costly mistakes
- Plan and save for retirement

Despite what many people believe, you don't need to be an expert to be a successful investor. With Stein as your personal money mentor, you'll learn how to make smarter, more informed decisions that can help reduce your risk and increase your gains by following a few simple rules for analyzing any investment. This is how the professionals grow their wealth and how you can, too. This is Money for the Rest of Us.

When it comes to money management, most of us take a hands-off approach because we're just not confident that we have the know-how needed. But personal finance is actually more personal than it is finance. Tim Maurer has made a career out of distilling complex financial concepts into understandable, doable actions. In this eminently practical book, he shows readers how to - better understand their values and goals in order to simplify their money decisions - budget major expenses intelligently - reduce and eliminate debt - make vital decisions on home, auto, and life insurance - establish a world-class investment portfolio - craft a workable retirement plan - and more Readers will be relieved to see that managing their money is actually not as complicated as they thought--and that they can take control of their financial future starting today.

Twenty benefits from the three-fund total market index portfolio. The Bogleheads' Guide to The Three-Fund Portfolio describes the most popular portfolio on the Bogleheads forum. This all-indexed portfolio contains over 15,000 worldwide securities, in just three easily-managed funds, that has outperformed the vast majority of both professional and amateur investors. If you are a new investor, or an experienced investor who wants to simplify and improve your portfolio, The Bogleheads' Guide to The Three-Fund Portfolio is a short, easy-to-read guide to show you how.

In 1998, after thirteen years of providing investment advice for Smith Barney, Bill Schultheis wrote a simple book for people who felt overwhelmed by the stock market. He had discovered that when you simplify your investment decisions, you end up getting better returns. As a bonus, you gain more time for family, friends, and other pursuits. The Coffeehouse Investor explains why we should stop thinking about top-rated stocks and mutual funds, shifts in interest rates, and predictions for the economy. Stop trying to beat the stock market average, which few "experts" ever do. Instead, just remember three simple principles: Don't put all your eggs in one basket. There's no such thing as a free lunch. And save for a rainy day. By focusing more on your passions and creativity and less on the daily ups and downs, you will actually build more wealth—and improve the quality of your life at the same time.

**AT LAST—A NO B.S. GUIDE FOR PHYSICIANS.** Look behind the curtains of **MORTGAGE BANKING**, discover the **REAL LANDMINES** and learn how to make a

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**FLAWLESS HOME PURCHASE.** In the post-meltdown world of mortgage banking, physicians face more challenges and have a higher rate of underwriter decline than any other professional client we advise. It's shocking but true. Spend a few minutes in physician chat rooms where the topic is "mortgage" and you are likely to read nightmare after nightmare horror story. It's emotionally devastating to see what a botched home loan and closing can do to a family. Within these pages, seasoned physician mortgage professional and fourth-generation Utah real estate investor, Josh Mettle, exposes the land mines and provides unique solutions to seamlessly overcome the pitfalls nearly all physicians face. **YOU WILL LEARN:**

- How to avoid the landmines that most commonly lead to surprising last minute declines.
- How student loans (including IBR and deferment) affect how you qualify for financing.
- How to find a true mortgage and real estate specialist in your hometown.
- What specifically to look for in a real estate and mortgage advisor.
- A step-by-step guide, which virtually guarantees you a flawless home purchase.

The challenges you're likely to face are commonplace within your field, but can be embarrassing, expensive, and painful to learn firsthand. There is no bigger disappointment than finding out your loan was declined by an underwriter at the last minute forcing you to scramble to find temporary housing. Avoid that agony by educating yourself with a few simple precautions contained within these pages. Physician home loans are a "niche" loan practice, which is why you won't find the information contained in this book anywhere else. When it comes to securing a physician home loan you don't need a general practitioner, you need a super specialist.

You're a doctor and you know a lot about medicine. But do you know anything about the real world? Doctors learn a lot in medical school, but not enough. Only rarely will a course teach practical, useful, or pragmatic information to help with the myriad decisions that arise in day-to-day life. Dr. Harbin wrote this book to fill the gap: to help doctors deal with the business aspects of medicine, help doctors in training learn how to evaluate opportunities for the future, and assist practicing doctors in dealing with the questions arising every day and when planning for the future.

Written by a practicing emergency physician, *The White Coat Investor* is a high-yield manual that specifically deals with the financial issues facing medical students, residents, physicians, dentists, and similar high-income professionals. Doctors are highly-educated and extensively trained at making difficult diagnoses and performing life saving procedures. However, they receive little to no training in business, personal finance, investing, insurance, taxes, estate planning, and asset protection. This book fills in the gaps and will teach you to use your high income to escape from your student loans, provide for your family, build wealth, and stop getting ripped off by unscrupulous financial professionals. Straight talk and clear explanations allow the book to be easily digested by a novice to the subject matter yet the book also contains advanced concepts specific to physicians you won't find in other financial books. This book will teach you how to:

- Graduate from medical school with as little debt as possible
- Escape from student loans within two to five years of residency graduation
- Purchase the right types and amounts of insurance
- Decide when to buy a house and how much to spend on it
- Learn to invest in a sensible, low-cost and effective manner with or without the assistance of an advisor
- Avoid investments which are designed to be sold, not bought
- Select advisors who give great service and advice at a fair price
- Become a millionaire

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within five to ten years of residency graduation Use a "Backdoor Roth IRA" and "Stealth IRA" to boost your retirement funds and decrease your taxes Protect your hard-won assets from professional and personal lawsuits Avoid estate taxes, avoid probate, and ensure your children and your money go where you want when you die Minimize your tax burden, keeping more of your hard-earned money Decide between an employee job and an independent contractor job Choose between sole proprietorship, Limited Liability Company, S Corporation, and C Corporation Take a look at the first pages of the book by clicking on the Look Inside feature Praise For The White Coat Investor "Much of my financial planning practice is helping doctors to correct mistakes that reading this book would have avoided in the first place." - Allan S. Roth, MBA, CPA, CFP(R), Author of How a Second Grader Beats Wall Street "Jim Dahle has done a lot of thinking about the peculiar financial problems facing physicians, and you, lucky reader, are about to reap the bounty of both his experience and his research." - William J. Bernstein, MD, Author of The Investor's Manifesto and seven other investing books "This book should be in every career counselor's office and delivered with every medical degree." - Rick Van Ness, Author of Common Sense Investing "The White Coat Investor provides an expert consult for your finances. I now feel confident I can be a millionaire at 40 without feeling like a jerk." - Joe Jones, DO "Jim Dahle has done for physician financial illiteracy what penicillin did for neurosyphilis." - Dennis Bethel, MD "An excellent practical personal finance guide for physicians in training and in practice from a non biased source we can actually trust." - Greg E Wilde, M.D Scroll up, click the buy button, and get started today!

An outline review of personal finance for physicians.

This book is everything you need to plan for your financial future and avoid paying tens of thousands of dollars to a financial advisor. A financial plan will guide you during good and bad times, ups and downs of the market, job changes, and financial setbacks. Creating a financial plan is not all about money, budgeting, and investing. It's about enabling you to live the life you truly want. As you progress through your career in medicine, you have never been taught how to prepare for a healthy financial future, leaving you vulnerable to being sold products you don't need or working so hard that you experience burnout. Physicians are the smartest people on the planet when it comes to medicine, so why not finances too? Let's change the dynamic between money and medicine and help you live your ideal life.

America's most trusted tax advice, backed by detailed citations of authoritative tax references J.K. Lasser's Your Income Tax Professional Edition 2018 is the tax preparer's guide to smart tax filing and planning. The Professional Edition not only includes the trusted guidance, clear advice, and money-saving tips featured in Your Income Tax, but also provides citations of tax authorities to help tax professionals easily locate the law, IRS rulings and court decisions that support the text. Fully up to date with the newest changes for 2017 tax returns, expert guidance from J.K. Lasser helps you maximize deductions and shelter income while providing hundreds of examples of how tax laws apply to individual situations. While evolving tax law can get very complex very quickly, this invaluable guide is designed to help you find the answers you need without wading through volumes of the Internal Revenue Code or IRS materials. Special icons call out new laws, IRS rulings, court decisions, filing pointers and planning strategies, allowing you to locate important information without breaking your

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workflow. Keeping up with changes to tax law is itself a full-time job—if it's not your full-time job, let the experts at J.K. Lasser do the legwork for you! Read from beginning to end or dip in and out as needed—this exceptional resource will help you: Get expert answers to tough tax situations quickly Navigate new laws, court decisions, IRS rulings, and more Locate authoritative sources easily with citations of references from the Code, the courts and the IRS. Avoid common pitfalls and adopt smart planning strategies for next year Accessible, down-to-earth tax advice is always appreciated, but professional tax preparers need more—such as authoritative sources to back their advice and clarify tricky situations that their clients may encounter. J.K. Lasser's Your Income Tax Professional Edition 2018 provides a quick one-stop resource for every tax pro, merging detailed citations with America's most trusted tax advice for over 65 years. In medical training, our job is to hone our craft by learning and practicing the best possible medicine for our patients. Unfortunately, medical training isn't free. With the substantial debt burden facing graduating medical students, it has become increasingly important to know how to navigate the choppy waters of personal finance. With sharks in the water, no training on personal finance, and little time to spare on such an important topic, this short primer aims to teach you only what you need to know about personal finance so that you can focus on taking good care of patients. If you are ready to learn how to effectively pay down your student loans, invest efficiently, and achieve financial freedom early in your career - then this book is for you. Feel free to take a look at the introductory portion of the book through the "Look Inside" feature. Here are some of the essential topics you will learn in The Physician Philosopher's Guide to Personal Finance: ?Investing basics (compound interest, time in the market versus "timing" the market, etc.)?Investing specifics (types of vehicles, solid investment plans, and examples)?Specifics on how to attack your student loans?Paying off debt versus investing (or both) at various stages?Asset protection (life, disability, umbrella insurance, etc)?Where to get financial advice and identifying where conflicts of interest exist?Why lifestyle inflation matters after training and how it can wreck your lifePraise for The Physician Philosopher's Guide to Personal Finance: "I have frequently told physicians and dentists that the first really good personal finance and investing book you ever read is likely to be worth \$2 Million to you over the course of your life... This is a \$2 Million book." - James M. Dahle, MD (The White Coat Investor)"Applying the Pareto principle, Dr. Turner has distilled his substantial knowledge and experience in personal finance into a no-nonsense book that a physician can easily read and understand in one insightful evening." Leif M. Dahleen, MD (Physician on FIRE)

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