Dear student and friend,

I have something very important to tell you. I think what I am about to tell you will be the most important advice you will ever hear in medicine. And if you listen carefully and take the appropriate actions, this will literally change your life. You will have more freedom. More wealth. And I guarantee this is something you will not get anywhere else, but from Medical School Success.

Are you ready for it?

Well, before I tell you what it is, let’s start from the very beginning.

At the end of November 2012, I was very discontent with life in general. At that time, I was in the third year of medical school and on clinical rotations. And I really hated all the demands on my time. I do not mind putting in the time if I get something out of it. But so far, I felt that at least 75% of my time has been wasted.

- Mandatory lectures are largely a waste of time. I do not learn by listening. So I just sleep through them.
- Spending a whole day in the hospital is a waste of time when there is so much downtime. Even if I do anything, it is mostly scut work that any monkey can do.
Preparing for simulated patient exams are so pointless when there is no instructions on what the graders are looking for and no feedback on what I did wrong.

Ok friends, bear with me. This report will not be about my complaints of medical school, although I have many. So why do I even talk about them? Because it was through my unhappiness with the way things are that I began to think deeply.

If things are so bad, why don’t I just leave?

Well, if I want to become a doctor, I cannot leave. I am stuck.

Trust me. If I could get a medical degree by passing the national licensing exams without going to medical school, I would drop out in an instant and study from Kaplan’s courses. It would be less expensive in terms of money and time. But sadly, there is no other way to become a doctor except through medical school.

That was when the stroke of genius came to me. The school has power over me. That is why it could make me go through all these stupid lectures, force me to stay 8 or more hours in a low-yield rotation, and compel me to study for its pointless exams. The ability to grant a medical degree gives my medical school power over its students.

It is all about power. It is all about control.

If you are like most medical students and doctors, you are only looking at your current situation from a near-sighted point of view. You are probably focusing on getting good grades, getting into a good residency, and practicing good medicine. While you are in pursuit of good grades and paddings for your curriculum vitae, there is an invisible game being played. It is a game of who can get the most power.

No matter how hard you work, you can only go so far. Why? Because those in power will enjoy the fruits of your labor. When someone is in control, he can demand your resources: money, time, skills, and hard work. And you must give them up.

Don’t get me wrong though. Being in school is not a bad thing. You must learn how to treat the sick. But if that is the extent of your learning, you will never reap the full benefit of your hard work. You will always be under someone’s command.

Many people want control over doctors:

- Federal government: if you accept Medicare and Medicaid, you must abide by its rules if you want to get paid
- State government: you must get a license from the state if you want to practice in a certain state
- Health insurance companies: if you accept insurance, you must abide by their rules if you want to get paid
- Certifying boards: if you want to become certified, you must take their exams every 7 - 10 years, for life
- Lawyers and malpractice insurance companies: if you want to practice medicine, make sure you do not lose your assets
All the entities I have listed above want control over you. And most doctors give them control without a fight.

- If you accept Medicare, Medicaid, and health insurance, you are agreeing to artificial prices arbitrarily set by the federal government or health insurance companies.
- If you want to be certified, you must abide by the rules set by the boards. In the past, once you have passed a certification exam, you are certified for life. But now, you must recertify every 7 to 10 years. Why? They claim it will make you a better doctor. But conveniently, they left out the part where each recertification will cost you time and thousands of dollars. However, there are a certain few doctors who are grandfathered in and will be certified for life. Why aren’t all doctors set to the same standard?
- Many doctors are practicing defensive medicine, ordering unnecessary lab tests and driving up medical care costs, just to prevent losing a malpractice lawsuit.

All the hoops that you must jump through to get into and to get through medical school are just preparations for what will come after you start practicing as a doctor. If you follow the path of most doctors, you will be dealing with bullcrap for the rest of your life.

Dire, isn’t it?

And that is why I consider this advice to be the most important advice you will ever hear in medicine:

Do not give up power. Take control.

Many people who choose to become doctors do so because of the money. Why do you think there is such a fierce competition for the E-ROAD and most competitive specialties? Because they offer good money and good lifestyle. Whatever many doctors wrote in their medical school application about helping others has taken a back seat to living the good life.

(By the way, for those who do not know what E-ROAD is, it is Emergency Medicine, Radiology, Ophthalmology, Anesthesiology, and Dermatology.)

The E-ROAD specialties pay well because the government and insurance companies pay them well. How many people would still be satisfied with the competitive specialties if the reimbursement was suddenly lowered? Would they still love medicine, for its own sake? Or would they be immensely dissatisfied because the money and good lifestyle are gone?

The answer is obvious. Most people would be dissatisfied if the money and good lifestyle are gone.

If you want to prevent that from happening to you, stop following where the money is, but follow where your passion lies. Do not depend on others to make your choices. Because if you do, and they suddenly change their minds, you are the one stuck with your decision, not them.

I recently read a fantastic book called The 80/20 Principle by Richard Koch. It talks about how 20% of the cause produces 80% of the results. It specifically mentions that 80% of the output in any company is due to 20% of the workers. The elite workers who produce most of the results are the stars. A star in a company would never be paid what he is worth. His rewards are shared with the rest of the 80%, who
contribute very little to output. **If a star wants to be paid what he is truly worth, he must work for himself.**

In a sense, in the US healthcare field, doctors are the stars. They produce the medical care. But you have everyone else, the 80%, who want a share of rewards: government, insurance companies, lawyers, administrators (which make up a bulk of medical schools), etc. Look at how rich the insurance companies’ CEOs are. They got there off the back of the doctors.

No matter which specialty you choose, the **government and insurance companies are not on your side.** They care about themselves. They want to keep more money while demanding more from you.

But if you can reap what you produce, without supporting the deadweight (government, insurance companies, certifying boards, etc.), imagine how much more money you will have. Imagine how much more freedom you will have, if you do not follow arbitrary rules and regulations set by the government and insurance companies. (You do know that all these hoops you jump through are ultimately for delaying and denying you payment, right?)

**Instead of serving so many masters, serve the patient.** Provide quality medical care. Imagine how much less malpractice lawsuits you will have when you can spend time to treat and to know your patients.

Do not sell yourself short. Do not blindly follow what has been done in the past. Do not accept the artificial prices set by the government and insurance companies, especially if you are in primary care. Do not accept unnecessary hassle. Do not depend on a certificate telling you that you are good enough to have confidence in your medical skills. You will know if you are good enough by the feedback from your patients.

None of the deadweights are needed to provide medical care. There are only two essential components to providing medical care: doctor and patient.

So again, **do not give up power.** Instead, **take control.**

After reading this, there are two roads you can take:

**Road #1.** Do nothing and continue having a near-sighted view of getting through school and residency. You will end up as a wage slave. You will have no real power. You will come in, follow the sometimes senseless rules set up by administration, and put in your time. When (and not if, because change will happen) your reimbursement is reduced, your salary is depressed, and your time with patients are shortened, you will be powerless to do anything. You will end up as one of those old, bitter doctors who do nothing but complain. Or…

**Road #2.** You will take control. How? By **thinking for yourself, improving yourself every single day, and stop depending on deadweights for guidance.** You will get through medical school and residency, but your learning will never stop. Every single day, you will seek to better yourself. You will become knowledgeable in as many aspects of life as you can. You will learn how to sell yourself. You will learn which criticism to take in and not take in. You will reject unfair demands. You will have freedom. You will become bold. You will take action. And when the deadweights again place restrictions on doctors as a whole, you will shrug them off because they have no power over you. You do not need them. But rather, they need you.
Just imagine what would happen if all doctors walked on road #2. The deadweights would make a mad scramble to negotiate properly with the doctors. Licensing fees would be reduced. All the silly hoops doctors must jump through would disappear for a while. Tort reform to limit malpractice compensations would be set in place. That, my friend, is power. Power that doctors could potentially have.

Which road would you rather take? The answer is obvious: road #2.

Road #2 will require more work than road #1. You will be active, instead of passive. But what exactly must you do to take back power and to take control of your future?

There are two things:

1. First, make yourself needed. Make yourself irreplaceable. Make yourself indispensable. And you can do that by:
   - become so highly specialized, few people can do what you do
   - become an expert in another field (i.e. technology) and intertwine that with medicine
   - practice medicine in an area without many doctors
   - offer a service not provided by many doctors

2. Second, remember that if you want to enjoy all the fruits of your labor and if you want the most control, you must become your own boss. You must be the employer and not the employee. But this will mean that you must learn how to bring in money. You must learn how to sell.

For any of the options listed above, the common denominator is continuous learning. You must learn throughout your whole life, even when you are no longer in school. But instead of memorizing low-yield information, trying to pass some silly exam, you will learn about things that really matter. And whatever you learn, you must put into practice.

It is ok to fail at times. (In fact, failure is expected. If you haven’t failed, you haven’t challenged yourself.) If you keep on taking tiny steps forward and keep learning throughout the whole way, you will reach the destination of road #2.

In the end, it will take a lot of work. However, the extra work will give you immense power. It will give you control over your own destiny. It will give you time. It will give you money.

If you pay attention and put this advice into practice, this will reward you much more than anything you can ever learn in college, medical school, or residency.

Lastly, if you want to see how I get into medical school, survive it, and take control as a doctor, follow me on my journey in www.medicalschoolsuccess.com.

Godspeed and good luck on your journey.
Sincerely,

Alex Ding

P.S. I want to leave you with something I have read a couple of years ago that may really speak out to you. It is words of experience to young men from someone who have lived his life. Some of the advice applies to women as well. I do not agree with all of the advice, but a lot of them make sense. I have bolded and colored the parts that really apply. I hope this teaches you to take control.

(For your information, I cut out some of the parts that could be offensive. And there are coarse languages in here. So read further if you think you can handle it.)

Advice to Young Men from an Old Man

1. Don't pick on the weak. It's immoral. Don't antagonize the strong without cause, it's stupid.

2. Don't hate women. It's a waste of time.

3. Invest in yourself. Material things come to those that have self-actualized.

4. Get in a fistfight, even if you are going to lose.

5. As a former Marine, take it from me. Don't join the military, unless you want to risk getting your balls blown off to secure other people's economic or political interests.

6. If something has a direct benefit to an individual or a class of people, and a theoretical, abstract, or amorphous benefit to everybody else, realize that the proponent's intentions are to benefit the former, not the latter, no matter what bullshit they try to feed you.

7. deleted

8. Don't take proffered advice without a critical analysis. 90% of all advice is intended to benefit the proponent, not the recipient. Actually, the number is probably closer to 97%, but I don't want to come off as cynical.

9. You'll spend your entire life listening to people tell you how much you owe them. You don't owe the vast majority of people shit.

10. Don't undermine your fellow young men. Mentor the young men that come after you. Society recognizes that you have the potential to be the most power force in society. It scares them. Society does not find young men sympathetic. They are afraid of you, both individually and collectively. Law enforcement's primary purpose is to suppress you.
11. As a young man, you're on your own. Society divides and conquers. Unlike women who have advocates looking out for them (NOW, Women's Study Departments, government, non-profit organizations, political advocacy groups), almost no one is looking out for you.

12. Young men provide the genius and muscle by which our society thrives. Look at the Silicone Valley. By in large, it was not old men or women that created the revolution we live. Realize that society steals your contributions, secures it with our intellectual property laws, and then takes credit and the rewards where none is due.

13. Know that few people have your best interests at heart. Your mother does. Your father probably does (if he stuck around). Your siblings are on your side. Everybody else worries about themselves.

14. Don't be afraid to tell people to 'Fuck off' when need be. It is an important skill to acquire. As they say, speak your piece, even if your voice shakes.

15. Acquire empathy, good interpersonal skills, and confidence. Learn to read body language and non-verbal communication. Don't just concentrate on your vocational or technical skills, or you'll find your wife fucking somebody else.


17. Don't speak ill of your wife/girlfriend. Back her up against the world, even if she's wrong. She should know that you have her back. When she needs your help, give it. She should know that you'll take her part.

18. Don't cheat on your wife/girlfriend. If you must cheat, don't humiliate her. Don't risk having your transgressions come back to her or her friends. Don't do it where you live. Don't do it with people in your social circle. Don't shit in your own back yard.

19. If your girlfriend doesn't make you feel good about yourself and bring joy to your life, fire her. That's what girlfriends are for.

20. Don't bother with 'emotional affairs.' They are just a vehicle for women to flirt and have someone make them feel good about themselves. That's the part of a relationship they want. For you it is a lot of work and investment in time. If they are having an emotional affair with you, they're probably fucking someone else.

21. Becoming a woman's friend and confidant is not going to get you into an intimate relationship. If you haven't gotten the girl within a reasonably short period of time, chances are you won't ever get her. She'll end up confiding to you about the sexual adventures she's having with someone else.

22. Have and nurture friendships with women.

23. Realize that love is a numbers game. Guys fall in love easily. You're going to see some girl and feel like you'll die if you don't get her. If she rejects you, move on to the next one. It's her loss.

24. deleted
25. When you become a man in full, know that people will get in your way. People who are attracted to you will somehow manage to step in your path. Gay guys will give you 'the look.' Old people will somehow stumble in front of you at the worst time. Don't get frustrated. Just step aside and go about your business. Know that these are passive aggressive methods to get you to acknowledge their existence.

26. Don't gay bash. Don't mentally or physically abuse people because of who they are, or how they present themselves. It's none of your business to try to intimidate people into conformity.

27. If you're gay, admit it to yourself, your parents, your friends and society at large. Be prepared to get harassed. See rule 14. If someone threatens you or assaults you, call the cops. Have them arrested. You have no obligation to self-sacrifice because of who you are. As a gay person, you'll have more social freedom than straight men. Use it to protect yourself. Be prepared to get out of Dodge if your orientation makes your life unbearable. Move to San Francisco, New York, Atlanta, or New Orleans. You'll find a welcoming community there.

28. Don't be a poser. Avoid being one of those dudes who puts a surfboard on top of their car, but never surfs, or a dude with a powder coated fixed gear bike and a messenger bag, but was never a messenger. Live the life. Earn your bona fides.

29. deleted

30. Remember, 97% of all advice is worthless. Take what you can use, and trash the rest.
If you want to learn how to get into medical school, no matter what background you have, this is the e-book for you.

Find out more about it at:

www.medicalschoolsuccess.com/how-to-get-into-medical-school.html
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