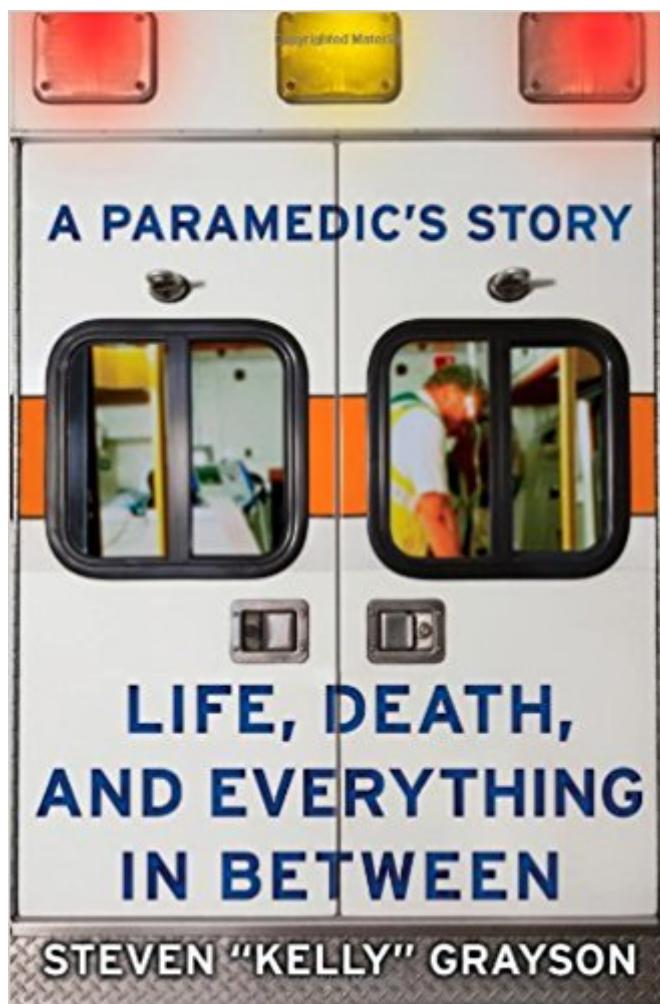


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# A Paramedic's Story: Life, Death, And Everything In Between



## Synopsis

Welcome to the life-and-death world of an E.M.T.-sometimes bloody, sometimes even funny, but always compelling. When someone dials 911, Emergency Medical Technician Kelly Grayson is there-to restart the heart that has stopped beating, deal with dangerously high blood alcohol levels, or pull a body from a mangled car wreck. As an E.M.T., Grayson sees people at their best and worst, in situations that can be gruesome, moving, and heart-breaking. Regardless of the emergency, Grayson is the first line of defense, picking up the pieces and saving lives-or, sadly, watching them slip away. A Paramedic's Story is bursting with stories that run the gamut from lighthearted to heart-wrenching. With his brutally candid style, Grayson gives readers his special insight into the human condition, and shows us what it feels like to hold lives in his hands every day.

## Book Information

Paperback: 336 pages

Publisher: Kaplan Publishing; 1 edition (March 2, 2010)

Language: English

ISBN-10: 1607146576

ISBN-13: 978-1607146575

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.6 out of 5 stars 48 customer reviews

Best Sellers Rank: #92,130 in Books (See Top 100 in Books) #2 in Books > Medical Books > Medicine > Transportation #118 in Books > Medical Books > Medicine > Internal Medicine > Emergency #267 in Books > Biographies & Memoirs > Professionals & Academics > Medical

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I admit I'm a fan of ER blogs in general, and I heard about this book after reading Nurse K's

awesome blog. Grayson's book is hard to put down and I finished it in about two days. It became apparent from the get-go that this was going to be an amazing read just after getting through the first story dealing with a patient's yappy little rat-dog getting lit up with a defibrillator (by accident). The tales Grayson tells truly give an amazing insight into the world of EMS and lets you hear things from the perspective of the folks who are struggling to keep people alive en route to the emergency room. The people who wade through blood and mucous and really get their hands dirty, deal with combative nutcases, and who know how to rush to the rescue rather than buckling under pressure. Many of the stories are absolutely hilarious, either by nature or just the way they're told, but there are more serious and depressing things Grayson shares with his readers. And this makes sense - after all, EMS is not a stroll in the park. People die, and the lesson you're taught is that if you want to be a successful paramedic, you learn to appear reassuring to the patient, cry when you're not at work, and the most important thing is to not let the things you see and deal with follow you home because they will haunt you. Some of the stories he shares are downright gruesome or heart-wrenching and, after reading them, it makes you wonder how anyone could find it in their heart to get up and go back to work to do it again every day. I know there are a lot of people who get right offended over ER staff and paramedics making jokes about people's critical or life-threatening problems, but what these people (who I can almost guarantee have never worked in emergency medicine) don't realize is that those who work in fields where they are stressed and see people die a lot have to sometimes use humor to cope. As a favorite blogger of mine (with a stressful career that she loves) once said, "I laugh to keep from crying." Same often goes for the brave folks who save your life when you're stroking out or having an MI. If every single paramedic let every single thing get to them, there would be no paramedics. They would all burn out and quit and there'd be no one to save you during an emergency. That's why I'm so glad to see this book has been so well-received - most of the readers are familiar with EMS or understand how difficult the job is. One thing that actually surprised me is that there weren't many stories regarding drug seekers. I understand Grayson did not work IN the emergency room, but it's not all that uncommon for someone looking for their narcotic fix to call an ambulance for nondescript pain. Mr. Grayson has an amazing way with words, and while lay people might not get some of the medical jargon, you can kind of get the general idea of what things mean just by continuing to read. Whether or not you're looking to pursue a career in EMT, I would recommend this book. Odds are, you'll be in tears at least once - either from laughter or sadness. And you'll not only hear about patients, but also Grayson's relationships with fellow paramedics, doctors and nurses in the ER (one of whom he married). You learn that sometimes it's not the patients who are the biggest pain, but your

co-workers. If I could give this book more than five stars, I would. I salute Mr. Grayson (and all paramedics) for all the crap he puts up with - the belligerent patients, the ignorant nursing home staff, the sleepless nights, the things he gives up in his own life, the calls for trivial things, the not-so-incredible salary - in order to help people, and also for taking the time to share his experiences with others. It's a job few are capable of doing.

This book was recommended to me by a coworker. I looked for the kindle edition and it wasn't available but really wanted to read it and she had loaned her book out already. I bought the paperback edition and started reading it and couldn't put it down!!! There are parts in this book that had me rolling laughing with tears in my eyes as well as more parts than I care to mention that I personally could relate to and picture exactly how these Ems people felt. I am alway skeptical on Ems books because its usually the same stories or close in every book. Not this one! I have read this book cover to cover twice now. I read it through once and turned right around and started it again and it was just as funny the second time around. I will probably pick it up in a month or so and start reading it again because it just has parts that can make you Laugh so hard even when your not in a good mood or feeling down. Read it even if you arnt in Ems or understand the ambulance world. It will make you think about what you should call an ambulance for and what is goin through our heads when we get called a stubbed toe and your in the car on the side of the road waiting for us to come because it hurts to bad to press the gas pedal at 3am. What were you doing at 3am that you stubbed your toe and deemed it necessary to call 911 after you tried driving to the Er FOR A STUBBED TOE?!? Lol. I love this book because it explains everything we think and how we act.

As the suggestion of a friend who runs rescue, I purchased this book to get an insider's look - and it is exactly what the title states: A Paramedic's Story. The more of this I read, the more appreciation I have for those who selflessly give to help others - even when the helping is for non-life threatening events. The more serious anecdotes are eye-opening; I could never do what this man does and my respect for those who do, including the friend who recommended this read, is great. It is written in Grayson's voice, and I don't find it annoying or trying-too-hard. It is what it is: a real man's story written by a real man.

If I could give this book ten stars, I would. It's an amazing portrayal of what we, paramedics, go through on a daily basis. There was so much humor in it that I found myself laughing out loud. For people who don't understand what we go through on a daily basis, this would be a good book for

you. For those of us that live this every day we go to work, you'll truly appreciate it. There were so many times that I found myself thinking about how I've had similar calls and I'm glad I'm not the only one that feels like I do toward certain situations. i.e. nursing homes. I thoroughly enjoyed this book. Great job, Kelly! Thank you so much for sharing your talents.

I finished this book a few days ago, and it's still on my mind. It's been a long time since I've read a book where I went from laughing hysterically in one chapter, and crying in the next. Don't take that to mean this is a horribly chaotic book - It's not. It's a collection of different stories, one per chapter, and yet still forms a cohesive long-term story. As a Paramedic, I'm able to relate to many of the stories in this book (good and bad.) It was easy to put myself on that truck or at that scene with Kelly, and feel like I was the partner for that call. Obviously, Emergency Services personnel will enjoy this book on one level, but I'm confident that the "Average Citizen" with no Emergency Services ties will enjoy it just as much, even if for different reasons. For the price, this is definitely worth the read. It's easy to pick up and put down regularly (so, for reading in between calls at the base, for example), but it's still a good read.

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