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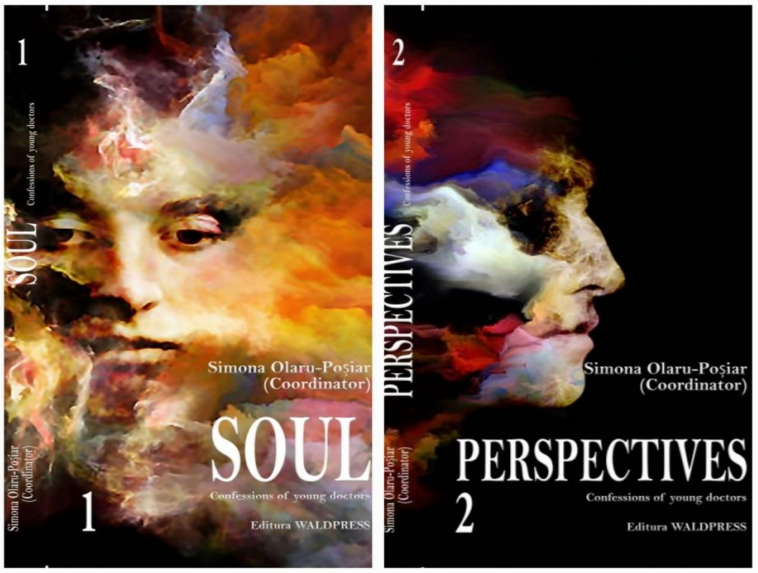
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*Soul (Vol. I) and Perspectives (Vol. II). Confessions of Young Doctors: A Therapeutic Journal: (*Coordinator) Simona Olaru-Poșiar

Book review

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Soul Perspectives – Book covers

We are constructed and deconstructed by our own perception of reality. We alone are not responsible of what we become, however uttering our beliefs, sharing our perspectives frees us. This is what the two volumes *Soul and Perspectives*,

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Confessions of Young Doctors, a Therapeutic Journal try to achieve. A territory where reality and imagination meet. Just as a flower does not choose the colour of its petal, we are responsible of what we become and that alone makes us unique. Our perspectives are engraved and rooted in our DNA, they run deep in our cultural, environmental and social being.

Based on this belief, that a soul's duty is to share its knowledge, its information, under the coordination of their English-German lecturer, a group of medical students started a project initially called *Pandora's Box*, back in 2020. The first and second year dental medical students, coming from different backgrounds, nationalities were asked to write down their experiences as medical practitioners, as students of the *Victor Babeș* University of Medicine and Pharmacy in Timișoara.

The project was one of putting reality on paper, no creative writing, just pure, honest opinions. Medical students wrote down their thoughts in English, German and Romanian. The group grew rapidly and out of 40 initial writings it came up to 500 participants in 4 years' time. Of course, there were unpredictable variables, a severe one in particular, that is the 2021 pandemic. *Pandora's Box* as it was initially named, changed into *Büchse der…Pandemie*, *The Pandemic Box*. It would open only with the permission of the writers.

When forced to stay at home, this online journal, became however*, medicine for the Soul*. Therefore, it was only natural for the first journal to be called Soul (I). Confessions of Young Doctors: A Therapeutic Journal. The second volume Perspectives (II). Confessions of Young Doctors: A Therapeutic Journal, was entitled in order to create a complete bond with the first part of the project, a sisterhood of sentiment, that can be read alone, but ought to be read as a whole.

The two covers of the book are very personal and were created by Alexandru Olaru-Poșiar, then only 14 years old, making him the youngest participant and cover editor. He offered the volumes an original visual confession of his own. Alexandru came up with the idea that every writing should be dated and accompanied by an image chosen by each writer, disclosing a second personal message.

Therefore, the hermeneutic perspective throughout the two therapeutic journals is very powerful in itself. Each writing is dated, offering a large *archive of human feelings*. Out of confidentiality reasons, each confession is signed with a pseudonym or only the first surname of the student. Each journal page is linked, as previously mentioned, to a visual element-photo that was drawn, taken by the author himself or taken from a gallery chosen again by the writer, therefore having a written, as well as a visual subjective, unique personal imprint. Just like the writer, titles are unique and highly symbolic. Humour, fear, love stand-alone fearless, uncovered in front of the reader.

Uniqueness, individuality and time resilience are characteristics of the therapeutic journal writing that the students and their teacher wanted to share. It is a window through the young soul of doctors. Sad, humorously, mature, but above all sincere perspectives of reality.

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Because the therapeutic journals were written in three different languages and not as a translation, but as one felt comfortable writing, in order to share an experience for the benefit of helping another that could or would identify himself or herself with the experience, the perspective in itself, because students in medicine author these two books, this endeavour can be considered a unique and pioneer project in Romania.

Soul Perspectives – Book covers
https://www.opiniatimisoarei.ro/gandurile-bucuriile-si-angoasele-studentilor-de-la-universitatea-de-medicina-si-farmacie-din-timisoara-transcrise-in-carti-se-lanseaza-volumele-soul-si-perspectives-confessions-of-young-doctor/20/05/2024

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