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The Proust Questionnaire has its origins in a parlor game popularized by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature.

# Proust questionnaire: Oonagh Zuberbier, MD



# What profession might you have pursued, if not for medicine?

Professor of health policy, psychology, or literature. If not in academia at all, something in fashion or the visual arts.

#### Which talent would you most like to have?

Any musical talent, please—I lack even the most basic capacity.

# What do you consider your greatest achievement?

My career, which feels like a true calling. I never dreamed I would have such a fulfilling and blessed life.

# What is your idea of perfect happiness?

An all-day hike through alpine meadows with good friends on a beautiful summer day.

#### Who are your heroes?

Mahatma Gandhi, Nelson Mandela, Abraham Lincoln, Charles Darwin,

Dr Zuberbier is a psychiatrist practising in North Vancouver.

and Jane Goodall. In addition, anyone who stands up to those who hurt, oppress, or exploit.

# What is the trait you most deplore in vourself?

Difficulty with effective problem-solving when exhausted or overwhelmed. I depend on others at those times.

# What characteristic do vour favorite patients share?

Honest self-appraisal.

#### Which living physician do you most admire?

Any physician working for Médecins Sans Frontières (or similar organization), whom I consider tremendously brave. Any physician doing heavy call, whom I consider tremendously strong.

#### What are your favorite activities?

Following current national and international events, politics, and economics with passion. Also talking with dear friends, hiking, yoga, and reading.

### What is your most marked characteristic?

An enormous capacity for experiencing positive emotions, coupled with intense pragmatism.

# What do you most value in your colleagues?

Wisdom, experience, and a willingness to help. And kindness goes a long way!

#### On what occasion do you lie?

Rare lies of omission at times when complete honesty is futile or destructive.

#### What medical advance do you most anticipate?

Advances in pharmacogenetics, allowing personalization of medication regimens and rendering multiple, unsuccessful medication trials obsolete.

#### Who are your favorite writers?

Jane Austen, Charles Dickens, John Steinbeck, Harper Lee, Alexander McCall Smith, George Eliot, William Shakespeare, Henry James, and, for pure entertainment value, J.K. Rowling.

#### What is your greatest regret?

Opportunities missed due to shyness and reserve.

#### What is your motto?

I have several: "Show up, do your very best, then let it go and move on," "Kindness is almost always the answer," "Virtue is its own reward," and (my all-time favorite) "Put on your big girl panties and deal with it."

# Submit a Proust Questionnaire - your colleagues will appreciate it.



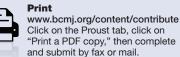
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