

FOR SUPER HIGH YIELD INFO: LIKE THIS PAGE:

<https://www.facebook.com/lastaidusmle>

FOR ALL THE NECESSARY VIDEOS/BOOKS/QBANKS/DATA FOR USMLE SEE BELOW LINKS AND DOWNLOAD IT:

Sections include:

- (I) Books
- (II) Videos
- (III) Q banks
- (IV) Step 1 experiences
- (V) Helpful links [featuring step 1 exam registration, important groups, sites and sources].

(I) Books:

(A) FIRST AIDs

First Aid 2014 PDF

<a><http://www.mediafire.com/download/djffduivu8bd913/First+Aid+for+the+USMLE+Step+1+2014.pdf>

- Errata (updated 3/21/2014): <http://www.firstaidteam.com/wp-content/uploads/2014-FA-Step-1-errata-20140321.pdf>

#FA14 Extras (compared to FA13) <https://www.facebook.com/notes/usmle-step-1-preparation/fa-2014-extras-compared-to-fa13developing/795488650477386>

First Aid 2013 PDF

- Download link: <https://www.dropbox.com/s/2hte0vcrn6sycdz/First%20Aid%202013.pdf>
- Errata (31/12/2013): <http://www.firstaidteam.com/wp-content/uploads/2013-FA-Step-1-Errata-final-131231.pdf>
- http://www.2shared.com/document/-FWGmEPI/First_Aid_2013.htm

First Aid 2012 PDF (With TA7 notes+ UW 2012 notes)

- Download link: https://hotfile.com/dl/175871329/b27b819/First_aid_2012_arranged_1.pdf.html

(For more info on how to use this special 2012 version visit:

<https://www.facebook.com/groups/209737902437968/doc/340064806071943/>)

(B) KAPLAN BOOKS

Kaplan USMLE STEP 1 LNs 2012 PDF - Colored & High quality.

- **Anatomy** <http://www.gulfup.com/?YT247I>
- **Behavioral** <http://www.gulfup.com/?6GIHGy>
- **Biochemistry and Genetics** <http://www.gulfup.com/?BfPyPA>
- **Immunology and Microbiology** <http://www.gulfup.com/?I8M4zw>
- **Pathology** <http://www.gulfup.com/?9IreTz>
- **Pharmacology** <http://www.gulfup.com/?4T22At>
- **Physiology** <http://www.gulfup.com/?bD0fz7>

Kaplan USMLE step 1 LNs 2011

- **Anatomy** <http://www.mediafire.com/?qp18c556n2ebpv9>
- **Immunology and Microbiology** <http://www.mediafire.com/?9rbyagpukmprcht>
- **Behavioral Sciences** <http://www.mediafire.com/?11n6zrvn3a2ltg1>
- **Biochemistry and Medical Genetics** <http://www.mediafire.com/?mmo3q67nfo7pq9q>
- **Pathology** <http://www.mediafire.com/?7m7nb30bnhy0ato>
- **Physiology** <http://www.mediafire.com/?kd11c7hxl0dvom6>
- **Q Book** <http://www.mediafire.com/?20qsashp9ppextg>
- **Pharmacology** <http://www.mediafire.com/?t1bypcb5n1t8rvi>

Kaplan Step 1 LN 2012

<https://www.dropbox.com/s/3u7rx1puup7oyxy/%5Bru%5D.t4579488.torrent>

kaplan step 2 CK LN 2013 :(I know this page is for step 1, but these are valuable links)

- <https://skydrive.live.com/?cid=d9fc9e6db1cc3613&id=D9FC9E6DB1CC3613!24728&ithint=older,.pdf&authkey=!AAWzaxgQwAM4zMU>

Kaplan High Yield PDFs

- Download link: <http://www.mediafire.com/?f123ttv786zm6>

(C) GOLJAN:

- Goljan **125** Pages <http://www.mediafire.com/view/?rwre1feaj61ko23>
- Goljan Comprehensive Pathology Exam. <http://www.mediafire.com/view/?p20o8ldijehxp1p>
- Goljan HY **46** Pages notes 2004 <http://www.mediafire.com/?xuf5bdd90w1ba32>
- Goljan **36** Pages <http://www.mediafire.com/view/?2whb5t458a23761>
- Goljan **59** Pages <http://www.mediafire.com/view/?dbb84bd44ya16ny>
- Review Goljan **Pictures** with Notes <http://www.mediafire.com/view/?c5ybn6m4yk2jbt9>
- Goljan Rapid Review **600** Pages <http://www.mediafire.com/?k68d55c43cz8r75>
- Goljan Rapid Review Pathology **4th Edition** <http://mcqs3000.blogspot.com/2013/08/rapid-review-pathology-4th-edition-by-e.html> OR http://www.4shared.com/office/JhiaNXtF/Goljan_-_Rapid_Review_Patholog.htm
- Goljan Rapid Review **4th Edition**
Errata <https://www.facebook.com/groups/185640028128921/768121499880768/>
- Goljan **Questions bank 400** USMLE Style questions **4th edition** <http://www.mediafire.com/?xrvbha98ba2rt>

(D) HI-YIELD SERIES:

High Yield Series Collection

- Download link: http://www.mediafire.com/folder/iwu8dz48u30nk/High_Yield_Series

High Yield Behavioral Science (4th Edition)

- Download Link: http://www.mediafire.com/download/wf75b9n7ro80k6v/High-Yield_Behavioral_Science_4.pdf

High-Yield Neuroanatomy (4th Edition)

- Download link: http://www.mediafire.com/download/ovh3k1zku7uj5k9/High-Yield_neuroanatomy_4.pdf

High-Yield Gross anatomy (4th Edition)

- Download link:
http://www.mediafire.com/download/hww1217v9krrsq6/High-Yield_Gross_Anatomy_4.pdf

High-Yield Embryology (4th Edition)

- Download

link:<http://www.mediafire.com/download/xfdqwojl5qaokxc/highyieldembryology.www.dr-amir.net.pdf>

Or

http://www.2shared.com/document/DimDHL5x/High-Yield_Embryology_4.html

High-Yield Biostatistics (4th Edition)

- Download link: http://www.mediafire.com/download/tak76xbc1gs5qo6/High-Yield_Biostatistics_4th.pdf

High Yield Pharmacology (3rd Edition)

- Download Link: http://www.mediafire.com/download/aoauwzqgohwvis4/High-Yield_Pharmacology_3.pdf

PICTURES FOR STEP 1 : <http://www.mediafire.com/?400pf5uj2ltm8>

(E) OTHER BOOKS:

Complete BRS Series

- Download link : <https://www.facebook.com/notes/usmle-step-1-preparation/brs-board-review-series-series-/812471498779101>

Clinical Microbiology Made Ridiculously Simple PDF (3rd edition)

- Download link:<https://www.facebook.com/groups/185640028128921/583452768347643/>

Pathoma

- Download links:

<http://www.4shared.com/rar/f8Z-iDQ7/BookErrata.html>

<https://www.facebook.com/groups/185640028128921/doc/481534045206183/>

<http://thepiratebay.sx/torrent/7378841/>

<http://depositfiles.com/files/or5ld81i2> (1st edition) without errors.

Lippincott's Microcards

- Download link: http://www.2shared.com/document/-XXF3cAT/lippincotts_microcards.html
- New link: <https://www.dropbox.com/s/ru6jcu1xu7c3p59/Lippincott%27s%20Microcards.pdf>

BRS Physiology (5th Ed) PDF

- Download link: <http://www.mediafire.com/download/xtbw6uyldrecccl/BRS+Physiology+5th+ed.pdf>

BRS Behavioral Science (6th Ed) PDF

- Download
link: <http://www.mediafire.com/download/osu9x51fawss38e/BRS+behavioral+science+6.pdf>

BRS Biochemistry Molecular Biology and Genetics 6th c2014

- Download
link: <http://www.mediafire.com/download/jj770x8648d8b6b/BRS+Biochemistry+Molecular+Biology+and+Genetics+6th+c2014.pdf>

BRS Emryology (5th Ed) PDF 2011

- Download link: <http://www.mediafire.com/download/m64d89ce2jfewmc/BRS+Embryology+5th.pdf>

BRS Pharmacology (6th Ed) 2014

- Download
link: <http://www.mediafire.com/download/i1v7h7zcaz3te4y/BRS+Pharmacology+6th.pdf>

USMLE Medical Ethics "The 100 Cases" PDF

- Download link: <http://www.mediafire.com/?s60bmx8s4qfi43a>

Costanzo Physiology (4th Ed.) PDF

(A more detailed physiology text by L. Costanzo the author of BRS physiology)

- Download link: http://www.2shared.com/document/gA510_U8/costanzo_physiology_4.html

Lippincott's pharmacology 5th ed.

- Download link: http://www.2shared.com/document/f3Es9VW-/lippincotts_pharmacology_5th_e.html

Kaplan Medical USMLE (Pharmacology and Treatment) Flashcards-The 200 Questions You 're Most Likely to See on the Exam For Steps 1 MAINLY + steps (2&3) - PDF version

- Download
link: <https://docs.google.com/file/d/0B9BJSvIrNOQHdkkwNEZmaFVJaXc/edit?pli=1> (Google drive)

Other flashcards (mainly step 2&3):

- Download
link: <https://docs.google.com/file/d/0B9BJSvIrNOQHMDNldDNwM1FIVUE/edit?pli=1> (Google drive)
- <https://www.facebook.com/groups/185640028128921/doc/643432229016363/>

Lippincott's Biochemistry (5th Edition)

- Download link: http://www.4shared.com/office/9AndqJs8/Lippincotts_Illustrated_Review.html

Pre Test Series PDF (All Books)

- Download link: <http://www.mediafire.com/?qejmi97n90d4y>

USMLE step one content 2012 PDF

- Download link: <http://www.mediafire.com/?boz9yr6vxnixy2b>

Please visit <http://www.usmle.org/> (official site) for updates.

(F) Collection of Some Important USMLE Books Series

First Aid Series:

- Download link: http://www.mediafire.com/folder/p3fi9akfvpfik/First_Aid_Series

Kaplan Medical Books for Step 1,2,3:

- Download link: http://www.mediafire.com/folder/id5so7432sop6/Kaplan_Medical_Books

Lange USMLE Road Map Series:

- Download
link: http://www.mediafire.com/folder/cvmknb391g2nm/Lange_USMLE_Road_Map_Series

Lange Q&A Series:

- Download link: http://www.mediafire.com/folder/putquttsa5u4i/Lange_Q%26A_Series

Lange USMLE Pretest Series:

- Download
link: http://www.mediafire.com/folder/4dm0gh39o6s7v/Lange_USMLE_Pre_Test_Series

Deja Review Series:

- Download link: http://www.mediafire.com/folder/elivseuh88y10/Deja_Review_Series

Rapid Review Series:

- Download link: http://www.mediafire.com/folder/mi6e5iqyxbqnm/Rapid_Review_Series

Step UP Series:

- Download link: http://www.mediafire.com/folder/38d1164z4ebo8/Step_Up_Series

USMLE Secret books:

- Download link: http://www.mediafire.com/folder/dh1p4vv6l0gta/USMLE_Secrets

Boards & Wards for the USMLE step 2, 3:

- Download
link: http://www.mediafire.com/download/a0pghmsfy7794i8/Boards_and_Wards_for_USMLE_Step_2_3%2C_5th.pdf

Check list Portable Review for the USMLE step 2 cs:

- Download link: http://www.mediafire.com/download/wi2ld3vfd1c5x8d/CS_Checklists_-_Portable_Review_for_the_USMLE_Step_2_CS.pdf

USMLE Step 1 Mnemonics:

- Download
link: http://www.mediafire.com/download/h3adre7pe9rev45/usmle_step_1_complete_mnemonics.pdf

USMLE Step 2 Recall:

- Download
link: <http://www.mediafire.com/download/1vs9z9x2rwnps82/USMLE.Step.2.Recall.2nd.Ed-ublog.tk.pdf>

BRS (Board Review Series):

- Download link: http://www.mediafire.com/folder/ddq2jc4hi24sd/BRS_Series

NMS Series:

- Download link: http://www.mediafire.com/folder/yx8c4nid6gzxu/NMS_Series

Biostatistics review book:

- http://www.mediafire.com/view/u3vc86qy4zcl3qz/Biostatistics_Book_Review-1-1.pdf

(II) Videos:

Kaplan Videos 2010 (Torrent)

Download link:

- http://thepiratebay.sx/torrent/5799805/2010_Kaplan_CenterPrep_USMLE_Step_1_Lecture_Videos
- <http://torrent.cd/e1907632a0ab500339e8c01846563be57719c5d9/2010+Kaplan+CenterPrep+USMLE+Step+1+Lecture+Videos.torrent>

The Missing chapters from Kaplan 2010 "substituted with Kaplan 2007"

- Download link: <http://www.mediafire.com/?ne05cb59k3ux5>

Pathoma

Download link:

- <https://www.facebook.com/groups/185640028128921/doc/481534045206183/>
- New Links: <https://www.facebook.com/notes/usmle-step-1-preparation/pathoma-new-links/771124869580431>

- **Pathoma videos complete. Media fire link**

<https://www.mediafire.com/folder/8oduo70ydtbrw,7d7fct4qrfo8v,j1t3etjew53hc,kcqz3vsddwzyj,k8n087p6vnz1v,rcaagba2qja1p,95a40ucb31rzy,bk2ybbsw2pfaw,bsp2zl0kq797n,li24s2889si6y,t840ojjt2bq1e,d3rvah3ack3e,l017y8z5slkor,ilcauuuzeh08h,t6dhyh0dr9dbw,ycbbvllwygpi5,y5o215ypl8urp,pof6dtqysmaha,50d1pgaock43b/shared>

- **Pathoma videos compressed media fire link**

https://www.mediafire.com/folder/akss3q1t7qa1u/Pathoma_videos

- **Kaplan HY videos 2011-2012 - *INCOMPLETE***

- Download links:

(From MediaFire): <http://www.mediafire.com/?wnnue09buj6zs>

(From 4shared): http://www.4shared.com/folder/vSk5EtFT/kaplan_HY.htm

Falcon Reviews – FULL USMLE Step 1 VIDEO Material (Torrent)

- Download
link: http://thepiratebay.sx/torrent/8063424/Falcon_Reviews__ndash__FULL_USMLE_Step_1_VIDEO_Materia

Falcon Review of First Aid for USMLE Step 1

- Download or Watch Online Mediafire: <http://mcqs3000.blogspot.com/2013/08/falcon-review-of-first-aid-for-usmle.html>

Goljan Audios

- Day 1: <https://www.mediafire.com/folder/yolh39mkl1rbh/1>

Day 2: <https://www.mediafire.com/folder/wn9daj69g60ho/2>

Day 3: <https://www.mediafire.com/folder/i52ytu151qwy/1/3>

Day 4: <https://www.mediafire.com/folder/bnobg7zabqpm0/4>

Day 5:<https://www.mediafire.com/folder/ow4227lp51tva/5>

Dr Najeeb lectures

- Download links:<https://www.facebook.com/groups/209737902437968/doc/361742463904177/>
- **Doctors in Training 2013 (not complete)**
- http://www.4shared.com/folder/-HfpsCo4/_online.html
-

Doctors in Training.2012.USMLE.Step.1 (Torrent)

- Download link:<https://thepiratebay.se/torrent/8029456/Doctors.in.Training.2012.USMLE.Step.1>

Human Embryology 3D Animations

- http://www.indiana.edu/~anat550/embryo_main/
- <http://meded.duke.edu/symbrio/site/>

Biochemistry & Immunology Animation

- Download link:<https://www.facebook.com/groups/185640028128921/doc/210056739020583/>
- <http://www.youtube.com/user/ndsuvirtualcell?feature=watch>

USMLE First Aid Step 1 Express Video Series 2012 (Torrent)

- Download link: <http://thepiratebay.sx/torrent/8064028/>

Note: This torrent has **biochemistry>cellular 1 video file** “missing”, pls download it from:<http://teksmedik.blogspot.com/2013/04/usmle-biochemistry.html>

(III) Q-banks

A. USMLE WORLD OFFLINE VERSIONS (Arranged by Date)

USMLE WORLD Links

USMLE World is quick to claim DMCA copyright take-down on sites like mediafire and 4shared and pirate bay is the only solution (They are immune to it). So when you download, keep utorrent open so others can download too.

USMLE World Kickass Torrent link:

http://kickass.to/user/pk_1337/uploads/

Below are the same torrents as above on The Pirate Bay (The world's most resilient torrents site)

UWorld Step 1 Self Assessment Exams Solved 4 Blocks USMLE.zip

http://thepiratebay.se/torrent/9503141/UWorld_Step_1_Self_Assessment_Exams_Solved_4_Blocks_USMLE.zip

UWorld Step 1 2013 PDF USMLE World

http://thepiratebay.se/torrent/9503136/UWorld_Step_1_2013_PDF_USMLE_World

USMLE World Step 1 QBank 2012 UWORLD Subject to Systemwise Sorte

http://thepiratebay.se/torrent/9503132/USMLE_World_Step_1_QBank_2012_UWORLD_Subject_to_Systemwise_Sorte

USMLE World Biostatistics Subject Review UWORLD.zip

http://thepiratebay.se/torrent/9503128/USMLE_World_Biostatistics_Subject_Review_UWORLD.zip

USMLE World (UW) Offline Qbank 2009

- Download link: <http://www.mediafire.com/?n777sb6vcmfo1>
- Download Link: <http://mcqs3000.blogspot.com/2014/02/usmle-world-step-1-q-bank-2009-pdfs.html> (WORKING LINKS) Uploading on multiple sources.

USMLE WORLD 2006 Offline Questions

- Download Link: <http://mcqs3000.blogspot.com/2013/10/usmle-world-2006-offline-questions.html>

B. KAPLAN QBANK OFFLINE VERISONS (Arranged by Date)

Kaplan Qbank 2013 (not complete)

<http://mcqs3000.blogspot.com/2013/09/kaplan-question-bank-offline-2013.html>

Kaplan Q Bank 2012 (Subject Wise)

<https://www.facebook.com/notes/usmle-step-1-preparation/kalan-q-bank-2012-subject-wise/780518448641073>

Kaplan Qbank Offline 2010

- Download link: <http://www.mediafire.com/?yo6bmjkz8xt2b>

Kaplan Physiology +700 Qs (Chapter Wise)

- Download Link: <http://mcqs3000.blogspot.com/2013/09/kaplan-physiology-q-bank-700-questions.html>

C. USMLERx OFFLINE VERISONS (Arranged by Date)

USMLE RX Qbank 2012 (Subject Wise)

- Download link: <https://www.facebook.com/groups/185640028128921/doc/713485558677696/>

USMLERX 3000 Q Offline 2010 (General Principals & Organ Systems like FA)

- Download links:

(Direct download): <https://www.facebook.com/groups/185640028128921/640720905954162/>

(Torrent download): http://www.4shared.com/file/OOHC0hmi/Usmle_Rx_2010_-_3000Q.html

USMLERX PDFs (Old N/A version, Complete - Subject-wise)

- Download Link: <http://mcqs3000.blogspot.com/2013/09/usmle-rx-question-bank-offline-pdfs.html>

D. NBME OFFLINE VERISONS (Arranged by Forms)

D. USMLE WEAPON

<a><https://www.facebook.com/notes/usmle-step-1-preparation/usmle-weapon-qbank-2012/766829276676657>

NBME (forms 1-7) Offline

- NBME 1 <http://www.mediafire.com/?cls7nw5zclrom3w>
- NBME 2 <http://www.mediafire.com/?1kw43klcvh3uetv>
- NBME 3 <http://www.mediafire.com/?b3l7b58cvoybh97>
- NBME 4 <http://www.mediafire.com/?6btt49xccbtodr4>
- NBME 5 <http://www.mediafire.com/?a58az3m5f4u5kww>
- NBME 6 <http://www.mediafire.com/?ce1zzary1t499yf>
- NBME 7 <http://www.mediafire.com/?tjp6zsew81vk1yv>
- NBME 7 (WITH ANSWERS): http://www.mediafire.com/folder/pb6xzsekqx8tj/NBME_7_with_answers
- **NBME S1 Form 7:** <https://www.facebook.com/groups/185640028128921/585860258106894/>
- NBME 11 (WITH ANSWER KEY): http://www.mediafire.com/download/9s7er09l3909643/NBME11_with_answer_key.rar
- NBME 12 (WITH ANSWER KEY): http://www.mediafire.com/download/9pswcmnwb29ug0q/NBME_12_with_answer_key.rar
- NBME 13 (WITH ANSWERS):

Download link 1: <http://www.mediafire.com/?i9pp453yl0aas3i>

Alternate download links "Mirrors" :

Download link 2: http://www.4shared.com/office/c_Hu5wXw/NBME_13_answers.html

Download link 3: <http://www.mediafire.com/download/i9pp453yl0aas3i/nbme13.rar>

- NBME 15 : <https://www.dropbox.com/sh/dn2rw0ibt50ruqy/uOKA1LTmRu>

NBME 15 (New link) : <http://www.4shared.com/rar/vWySg4zd/1>

http://www.4shared.com/rar/sFXvzneY/2_online.html

NBME 15 new link with revised answers

<https://www.mediafire.com/folder/3lior61o4gobb/NBME%2015>

NBMEs 1 2 3 4 5 6 7 11 12 13 15 with answers

(<https://www.dropbox.com/sh/zsn6r90hk4h5146/jSxe4mA20J>)

- USMLE official site practice materials all steps

<http://www.usmle.org/practice-materials/index.html>

(IV) Step 1 experiences

1.Lectures on Step 1 Experiences:

- Dr.Ahmed Taha (https://www.youtube.com/watch?v=Md_5tu21agA)
- Dr. Ahmed Tolpa (http://www.youtube.com/watch?v=NA_2HeH5xWY)
- Dr. Hazem Shoirah (<http://www.youtube.com/watch?v=jNxmFMQ9Ydo>)
- Dr. Elfar (<http://www.youtube.com/playlist?list=PL98193CD381479E2B&feature=plcp>)
- Dr. Samir (<https://my.dimdim.com/view/reco/all/msoliman/default/fb48c9d5-329e-40ba-a2aa-1f2a79b7c9f3>)

2.Documents on Step 1 Experiences (3 digit score in brackets)

- Dr. Osama Fahim (265)
(<http://www.facebook.com/groups/eamtarmaingroup/doc/10151316384013243/>),
- Dr. Mohamed Elguendy (251)
(<https://www.facebook.com/groups/185640028128921/doc/644670222225897/>)
- Dr. Mohammed Eldomery (238)
(<http://www.facebook.com/groups/eamtarmaingroup/doc/10151302898688243/>),
- Dr. Ahmed Elkhanany (244)
(<http://www.facebook.com/groups/eamtarmaingroup/doc/10150621619733243/>)
- Dr. Nariman Gobara (244) (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_54)
- Dr. Ahmed Montaser (225) (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_55)
- Dr. Hisham Abdelmoneim (255) (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_56)
- Dr. Ahmed Hussein (242) (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_57)
- Dr. Nora Serag Eldin (232) (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_61)

- Dr. Allawy Ahmed Allawy (243) (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_60)
- Dr. Mohamed Higazy (http://www.eamtar.com/Exp-of-people-Step-1.html#anchor_92)
- Dr. M. Soliman (<http://www.eamtar.com/Into-step-1.html>)
- Dr. Tarek Iraki (264) (<https://www.facebook.com/groups/185640028128921/682034058489513/>)
- Dr. Koyi (256) (<http://www.usmle-forums.com/usmle-step-1-forum/44073-focus-dont-give-up.html>)
- Dr. Mark (257) (<http://www.usmle-forums.com/usmle-step-1-forum/38675-marks-step-1-experience.html?highlight=Mark%27s+Step+experience>)
- Dr. Omarbs (264) (<http://www.usmle-forums.com/usmle-step-1-forum/33344-finally-264-90-a.html>)
- Dr. Med28 (275) (<http://www.usmle-forums.com/usmle-step-1-forum/47624-med28-step-1-experience-275-a.html>)
- Dr. Smashingdude (250) (<http://www.usmle-forums.com/usmle-step-1-forum/45555-smashingdude-experience-step-1-honest-review.html>)
- Dr. Savvy (261) (<http://www.usmle-forums.com/usmle-step-1-forum/43849-step-1-experience-261-a.html>)
- Dr. ajf06h (270) (<http://www.usmle-forums.com/usmle-step-1-forum/42650-step-1-score-270-91-a.html>)
- Dr. diagnostic (268) (<http://www.usmle-forums.com/usmle-step-1-forum/43567-unbelievable-268-a.html>)
- Dr. Pollux (276) (<http://www.prep4usmle.com/forum/thread/82908/>)
- Dr. Ameera khan (250) (<http://www.usmle-forums.com/usmle-step-1-forum/44100-ameerakhan-step-1-exam-experience.html>)
- Dr. Ayaz mehmood (266) (<http://www.usmle-forums.com/usmle-step-1-recommended-threads/5059-myths-exam-experience-ayaz-mehmood-pakistani-medical-student.html>)
- Dr. Awwad Almahadi (252) (<https://www.facebook.com/groups/185640028128921/706614142698171/>)

Dr. Mohammad Almeqdadi (244) (<https://www.facebook.com/notes/usmle-step-1-preparation/my-usmle-step-1-experience-244/756826547676930>)

- Dr. Khin Su Mon (233) (<https://www.facebook.com/notes/usmle-step-1-preparation/step-1-experience-233/762650070427911>) Dr. Ahmed Mare'y (243)<https://www.facebook.com/notes/usmle-step-1-preparation/step-1-experience-243/729164423776476>
- Dr. Mohamed Ayoub (247) (<https://www.facebook.com/notes/usmle-step-1-preparation/usmle-step-1-experience-mohamed-ayoub-mortagy-score-247/769446289748289>)
- Dr. Katherine Htun (zin mar htun) (253) (<https://www.facebook.com/groups/usmlesteponeeamtar/809278679098383/>)

3. Some methods of step 1 preparations

- **Zumzum method:** <http://www.usmle-forums.com/usmle-step-1-recommended-threads/2271-zumzum-method-usmle-step-1-preparation-schedule-plan.html>
- **Steptaker's method:** <http://www.usmle-forums.com/usmle-step-1-recommended-threads/786-usmle-step-1-preparation-books-plan.html>
- **TAUS method:** <https://www.facebook.com/groups/185640028128921/688072231219029/>