

The Charisma Myth: How Anyone Can Master the Art of Personal Magnetism--- Olivia Fox

Have you ever wondered why that guy sitting next to you seems to be “Mr. Popular” and easily recruits people to his cause even though deep down you know that your idea may be more impactful and logical? Have you ever been nervous to walk into a room full of important people feeling like an outsider but you know it is important for your growth and success to be able to be “visible” and “remembered” at this social event? Have you ever tried to rally people to a cause and can’t seem to get the support you need? This book is an easy read in small bursts of time and has powerful insight into how “charismatic people” do it with interesting advice on how to be more charismatic yourself. It is also a great book for preparing for interviews. Unexpectedly, you may gain an understanding for how people like Hitler come to power and rally crowds toward a cause that for many people was is unthinkable and tragic. If we want to overcome such negative “charismatic” power we must first understand why certain leaders are viewed as charismatic. It is a great resource for helping strengthen your own charisma and make an impact in your world.

When to read: Before interviewing for medical school, residency, a job or when trying to become more influential at your institution.

Pros: Simple to read with examples of how to improve your charisma and influence in a room by being more engaging and memorable.

Cons: It can be a bit “pricey” at the book store for what you get out of it. The cover is not all that “charismatic” and enticing to look at but well worth the read.

How it applies to women in orthopaedics: Several studies have shown women have to approach interviews and meetings differently in order to be as effective as male colleagues at being remembered or viewed favorably. This book can help woman understand what type of “charisma” she is most likely to exude and how to play to her charisma strengths. If she can get a room to feel engaged in her cause, she may be able to have a more impactful voice in a room full of men.

Overall: Strongly recommend this book to anyone about to interview or looking to be more “noticed” and “impactful” when in work situations.