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Book Review: Presence: Bringing Your Boldest Self to Your Biggest Challenges by Amy Cuddy

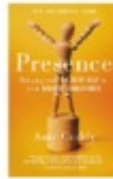
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Have you ever wanted for a second chance at a job interview, performance or difficult presentation? Drawing upon her popular TED talk, in *Presence: Bringing Your Boldest Self to Your Biggest Challenges*, Harvard Business School Professor Amy Cuddy encourages readers to see transformative power in small "nudges" in behaviour, body language and mindset that can generate a better sense of "presence" in our everyday lives. **Markus Koch** finds much in the way of useful advice within the book but wonders if its central ideas could have been outlined in a shorter span and wishes for more explicit connection between Cuddy's claims and related contemporary research.

Presence: Bringing Your Boldest Self to Your Biggest Challenges. Amy Cuddy. Little Brown, 2015.

Find this book

During her eighteenth year of college, Amy Cuddy was the victim of a car crash in which she sustained a traumatic brain injury. Due to the nature of the damage, no one could tell her which brain functions would be affected and for how long, or whether she would even recover at all. Her IQ dropped 30 points. Doctors doubted that she would ever be able to return to her studies. Yet, over the following years, Cuddy completed her undergraduate degree. She has proceeded to pursue an academic career, becoming a Professor at Harvard Business School. Throughout this journey, Cuddy struggled with what is known as imposter syndrome – the fear of being exposed as a fraud – even in the face of her numerous accomplishments.



Cuddy recounted her story in a TED Talk in 2012. The video, which has received over 30 million views, made her world famous. Her new book, *Presence: Bringing Your Boldest Self to Your Biggest Challenges*, covers much of the same content and refers to the talk repeatedly. In it, she links imposter syndrome and her own experience of it to her research as a social psychologist, which has thrown up a truly surprising discovery.

It is widely believed that our body language affects our mood: we might cross our arms when feeling insecure or frustrated, for instance, or extend our limbs when feeling comfortable. Cuddy's studies, however, show that body language can also feedback on our emotions. Holding a power pose for as short a time as ten minutes leads us to feel more confident and perform better at certain tasks. Or when forced to smile by holding a pencil between our teeth, we end up feeling happier. The author posits that posturing for success can be a key tool in overcoming imposter syndrome. She advises her readers to use body language to take it until you become it – in other words, behave with confidence until you feel it.

Presence is marketed as self-help, but it is not quite that. The volume is in part an extensive overview of studies that demonstrate the body-to-mind feedback loop. Aside from a few short chapters of advice, the rest of the book is psychology theory. Here, Cuddy explores the concept of presence, which she terms as the state of being attuned to and able to comfortably express our true thoughts, feelings, values and priorities (24). Looking like you believe without arrogance (20), presence is all about being in the moment and being at your best. And you can achieve it, Cuddy argues, through the right body language.

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A TOP SHELF PICK. Amy Cuddy, Presence: Bringing Your. Boldest Self to Your Biggest Challenges. (Little, Brown, 2015). Jeffrey Pfeffer, Leadership BS: Fixing.

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