

Summary of Amy Cuddy > 150

Social psychologist Dr. Amy Cuddy has been changing the game in the behavioral sciences for many years. Earning her PhD from Princeton University, Dr. Cuddy has taught at such prestigious institutions as Harvard Business School, Northwestern University's Kellogg School of Management, and Rutgers University. Her expertise on the behavioral science of presence, power, and prejudice are unparalleled in her field. She has had many honors and awards thus far in her career, including such honors as 'Game Changer' by *Time*, '50 Women Who are Changing the World' by Business Insider, and 'Young Global Leader' by *World Economic Forum*. She is not only an award-winning Harvard Lecturer and TED Talk speaker, but is also a best-selling author. Her debut book, "Presence: Bringing Your Boldest Self To Your Biggest Challenges". She is also currently in the process of writing her second book titled "Bullies, Bystanders, and Bravehearts", with an anticipated publication dated in 2021.

Summary of ted talk: Your Body Language May Shape Who You Are < 150

In 2012, Dr. Amy Cuddy gave a TED talk lecture called "Your Body Language May Shape Who You Are". She discussed how body language can affect how others around you can perceive you. Not only that, but it can affect how we see ourselves. She states, as example, how by standing in a confident looking posture, we can boost feelings of confidence. Even if we don't necessarily feel confident, if we exude a confident stature, we can feel the impact of that viewed confidence, and can even increase our own chances for success. She argues that by being more aware of our body language, we can create a perception of how people see us, as well as how we see ourselves. If we look more confident in the mirror, she states, then maybe we may start to feel more confident as a consequence of that.

Have you seen Dr. Amy Cuddy's TED Talk? What did you think about the points she made?

Summary of books: >150 words

1: Presence: Bringing Your Boldest Self to Your Biggest Challenges

Dr. Amy Cuddy has authored "Presence: Bringing Your Boldest Self To Your Biggest Challenges", debuting back in 2015. In this ground-breaking book, she discusses how by tweaking certain things such as our body language, mind-set, and behaviors, that we can find power. She presents, with scientific certainty, how our minds and that of those around us, are affected by body-mind effects. She attempts to teach readers how to use simple techniques in order to free our minds and bodies in stressful situations. Allowing us to connect and empower ourselves and exude the presence we truly desire. This book has received much critical acclaim, having been considered a bestseller by the New York Times, Washington Post, USA Today, Wall Street Journal, Publisher's Weekly, the Globe, and Mail. It was even named the "15 Business Books of the Year" by Forbes. It has been published in 35 different languages around the world.

What kind of body language would you want to exude? Do you think you could learn from Amy Cuddy's teachings and give off the impression you want?