



BY JARROD SHAPIRO, DPM

My Top 5 Books for Trainers and Learners

Here's my choices for your reading pleasure.



Ego Is the Enemy, by Ryan Holiday—This book is the most fundamental of the five choices because we must each lose our ego in order to learn and grow. When working with trainees, this is the most difficult aspect to work around. It's not ignorance or lack of education. In most cases, it's not even lack of motivation. It is most difficult to work with individuals who have so much ego that they get in their own way, diminishing the power of constructive criticism. In this book, Holiday gives historical examples of those who have succeeded when they lose the ego, breaking the book into three major parts corresponding to our individual places in our lives: aspiration, success,

Practice Perfect is a continuing every-issue column in which Dr. Shapiro offers his unique personal perspective on the ins and outs of running a podiatric practice.

Certain books have an olfactory link to memory and certain smells bring back fond memories of the past. Those of us who are old school enough only want to read books on paper and not on e-readers. It's just not the same experience.

In addition to the physical experience of reading, the more important part is what the book has to say, its message. We can learn so much from the connections created by a thoughtful author. The ability to communicate a new idea in an interesting way opens the mind to useful and perception-altering information. There's nothing more exciting than being introduced to a new idea.

Choosing a favorite book is like picking a favorite child—every book is special. So, to be a little more spe-

cific, here are five books that will be helpful for every educator, regardless of what level at which you're teaching, and every learner, regardless of where they are on the learning curve. These are books that are foundational, teaching us important concepts and methods to make us the best learners possible, to grow and reach beyond our current station, to become better than we were before reading them. These are books we read more than once and with pen in hand, taking notes so as not to miss the wisdom of their message. In the image of the pile of books, they are stacked from most fundamental at the bottom toward execution of skills upward.



and failure. The maxims he ends with after each section provide a positive and useful philosophy to fight against our own sense of self-importance.

Peak: Secrets for the New Science of Expertise, by Anders Ericsson and Robert Pool—I have mentioned this one before. In fact, I

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PRESENT Podiatry

PRESENT Podiatry (podiatry.com) is a podiatrist-owned-and-run company that proudly serves as the largest provider of online CME to the podiatry profession. One of the key lectures in their online CME collection is highlighted below.

Featured Lecture

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PODIATRY

**All Edema is Lymphedema:
Understanding the Lymphedema Continuum and VAIL**

In this Lecture...
Heather Hettrick PT, PhD, CWS, AWCC, CLT-LANA, CLWT, COREPT, PhD, CWS, AWCC, CLT-LANA, CLWT, CORE discusses the interconnectedness of the VAIL systems. Heather also discusses the role of the endothelial glycocalyx layer with respect to microcirculation as we as edema etiology.

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Scan to go to the lecture

Top 5 Books (from page 37)

cannot talk about it enough! Ericsson is the world’s expert on experts. In this engaging book, he lays out the science behind *deliberate practice*, the method used by all of the highest-level performers in many human endeavors. He lays out the exact ways each of us can become better at any pursuit. Deliberate practice is the fundamental structure around which I endeavor to teach my residents.

The Talent Code, by Daniel Coyle—Running along the same principles as *Peak*, *The Talent Code* provides a broader discussion about what Coyle calls “deep practice”, essentially the same thing as deliberate practice.

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However, Coyle adds a neurobiological foundation by relating our attainment of skills and talent to the addition of myelin to our nerves. It might sound a little boring at first glance, but Coyle provides a fascinating explanation about how myelin equals skill and then he broadens the concept to show the power of deep practice, igniting interest using primal cues, finishing with how this is applied to coaching.

Skill, by Christopher Ahmad. Here’s another I am unable to stop speaking about. This book is purchased by my residents and I advertise it to anyone who will listen. Built on the concepts from *Peak* and the *Talent Code*, among others, this book discusses forty methods this highly successful orthopedic surgeon has used to arrive at the top of his field. It is a fast read that

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covers defining and improving skills, how to achieve mastery that includes both practical and philosophical methods. No podiatric student or resident should start training without reading and adopting Dr. Ahmad’s methods.

Learn Better, by Ulrich Boser. This one might have been inserted just above *Ego*, but it has been left at the top of the pile because the books below it are fundamental to learning. In *Learn Better*, Boser discusses the science behind how we learn in a manner similar to another great book, *Make It Stick: The Science of Successful Learning* (this one could have been on the list too, but we need to stay with five choices). He provides a systematic method to learn anything new in an organized and interesting way, proving the power of the concepts discussed in the other books listed here.

Combined together, these books create a “how to” for anyone wanting to truly learn something new, endeavor to be better, and to become skilled at a very high level. They lay out the instructions all of us should use when creating training programs for our students and residents. Hopefully, you will enjoy them as much as I do. **PM**

Dr. Shapiro is editor of PRESENT Practice Perfect. He joined the faculty of Western University of Health Sciences, College of Podiatric Medicine, Pomona, CA in 2010.