

Impostor Syndrome Strikes: Embracing Leadership When You Feel like a Phony: Presenters: Jayanti Addleman & William Sannwald

Developing Leaders in California Libraries
May 31, 2019 - Fallbrook, CA
June 4, 2019 - Hayward, CA

Bibliography:

This brief list takes you beyond the references mentioned in the presentation and includes some of the reading we have enjoyed and that have helped us.

Books: All easy to read!

§ Chamorro-Premuzic, Tomas. Confidence: Overcoming Low Self-esteem, Insecurity, and Self-doubt. Avery. 2013.

If you read just one book to help you with the issue of self-doubt, make this the one. Chamorro-Premuzic differentiates between confidence and competence, and explains why low self-confidence can be a good thing. But he also shows how to “fake it, get ahead at work, improve our social skills, feel better emotionally and physically”.

§ Goulston, Mark and Philip Goldberg. Get Out of Your Own Way: Overcoming Self-Defeating Behavior. TarcherPerigee/Penguin. 1996.

An old classic on the subject that focuses on self-reflection first and then improving the behaviors.

§ Guise, Stephen. How to be an Imperfectionist: The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism. Selective Entertainment, LLC. 2015.

Perfectionism and high expectations are often the root of feeling like an impostor. This easy to read book with illustrations and lots of bullet points is all about behavior modification.

§ McCammon, Ross. Works Well with Others: An Outsider’s Guide to Shaking Hands, Shutting Up, Handling Jerks, and Other Crucial Skills in Business that No One Ever Teaches you. Dutton. 2015.

Not precisely a book on topic, but a fun and also an easy to read book to help you get along in your world of business.

§ Sandberg, Sheryl. Lean In for Graduates. Alfred A. Knopf. 2017.

The original book plus six more chapters and a letter from the author, this book is a great read for men and women alike who need the confidence to apply for jobs and reach for more.

Websites:

Let's start at the source:

Impostor Phenomenon (IP) by Dr. Pauline Rose Clance

http://paulineroseclance.com/impostor_phenomenon.html

12 Signs You Might Be Suffering From Imposter Syndrome -- Fellow Perfectionists, I'm Looking At You By Julie Sprankles. Oct 2015.

<https://www.bustle.com/articles/119129-12-signs-you-might-be-suffering-from-imposter-syndrome-fellow-perfectionists-im-looking-at-you>

5 Books to Read If You're Struggling With Imposter Syndrome By Katie Bishop. June 2018.

<http://theeverygirl.com/5-books-read-youre-struggling-imposter-syndrome/>

Are all impostors created equal? Exploring gender differences in the phenomenon-performance link. By Rebecca L. Badawy et al. September 2018.

<https://www.sciencedirect.com/science/article/pii/S0191886918302435>

Commentary by Bonnie Burton: Neil Gaiman, Meryl Streep and other big names have fought Impostor Syndrome. Here's how you can defeat the inner killjoy that tells you you're a big phony. January 8, 2018 https://www.cnet.com/news/impostor-syndrome-tips-for-feeling-less-like-a-fake/?utm_source=reddit.com

The Complete Guide to the Impostor Syndrome By Scott Schwertly. October 2014.

<https://www.ethos3.com/2014/10/the-complete-guide-to-the-impostor-syndrome/>

Is imposter syndrome a sign of greatness? By Olivia Goldhill. February 2016.

<https://qz.com/606727/is-imposter-syndrome-a-sign-of-greatness/>

Learning to Deal With the Impostor Syndrome, The New York Times, Your Money. By Carl Richards, Oct. 26, 2015.

<https://www.nytimes.com/2015/10/26/your-money/learning-to-deal-with-the-impostor-syndrome.html>

The Link Between Imposter Syndrome and Social Anxiety Disorder. By Arlin Cuncic Updated January 02, 2019.

<https://www.verywellmind.com/imposter-syndrome-and-social-anxiety-disorder-4156469>

A new study claims that, under pressure, imposter syndrome hits men harder than women by Christian Jarrett. British Psychology Society: Research Digest. June 2018.
<https://digest.bps.org.uk/2018/06/01/a-new-study-claims-that-under-pressure-imposter-syndrome-hits-men-harder-than-women/>

A Reading List for Combating Impostor Syndrome by Natasha Young. October 2018.
<https://electricliterature.com/a-reading-list-for-combating-impostor-syndrome/>

Reddit TIL. For all you Reddit fans, a recent TIL:
TIL Impostor syndrome (also known as impostor phenomenon, impostorism, fraud syndrome or the impostor experience) is a psychological pattern in which an individual doubts their accomplishments and has a persistent internalized fear of being exposed as a "fraud".
https://www.reddit.com/r/todayilearned/comments/9f6qok/til_impostor_syndrome_also_known_as_impostor/

Yes, Impostor Syndrome Is Real. Here's How to Deal With It by Abigail Abrams. June 2018.
<http://time.com/5312483/how-to-deal-with-impostor-syndrome/>

Test yourself

Are you really suffering from Impostor Syndrome? Take the original Impostor Phenomenon test by Pauline Rose Clance:
<http://paulineroseclance.com/pdf/IPTestandscoring.pdf>

And just so you know that you are in good company 😊 😊 😊

Michelle Obama: 'I still have impostor syndrome'. December 4, 2018
<https://www.bbc.com/news/uk-46434147>

<http://neil-gaiman.tumblr.com/post/160603396711/hi-i-read-that-youve-dealt-with-with-impostor> Blog post from Neil Gaiman, May 12, 2017 in which he recommends: [Presence: Bringing Your Boldest Self to Your Biggest Challenges](#) by Amy Cuddy, 2018 Back Bay Books

In your personal life:

As a parent

I think I have “Imposter Syndrome” But for Parents, by Emily McCombs March 29, 2017.

https://www.huffpost.com/entry/i-think-i-have-imposter-syndrome-but-for-parents_n_58dbcadbe4b0cb23e65d4f38

As student:

Feel like a fraud? By By Kirsten Weir, American psychological Association]

<https://www.apa.org/gradpsych/2013/11/fraud>

In your relationships:

What Is Dating Imposter Syndrome? If You Feel Like You Don't Deserve Your Partner, Listen Up. By By SUZANNAH WEISS, Aug 28 2017

<https://www.bustle.com/p/what-is-dating-imposter-syndrome-if-you-feel-like-you-dont-deserve-your-partner-listen-up-78603>