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The McKinsey Way: Textbook for Beginners on How to Solve Problems by Sachiyo Oshima

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ツイート

Original title: マッキンゼー流入社1年目問題解決の教科書

Category: Personal Growth

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Why: I want to become a professional problem solver.

Goal: Learn how management consultants take care of themselves.



Action: Carry Items That Have Good Energy, Less Is More.

3 Key Concepts

1. Less is More: carry good energy items.
2. Aim to strengthen your strengths.
3. Take care of your look: present who you are.

Summary



What are these items that have good energy?

Simple, useful, high quality. My interpretation of these items is “Minimalistic quality tool.”

Basically, **my products**. Yes, these items are expensive because they are the ultimate of things. But, the purpose remains, “To stay clear of what matters.” The idea is **fewer things, fewer distractions**.

“ Less is More

This book talks about what consultants at McKinsey learn during their first year at the company. If you are interested in Case Interviews, check out this blog: [Case Interview Secrets: A Former McKinsey Interviewer Reveals How to Get Multiple Job Offers in Consulting](#) by Victor Cheng.



Strengthen your strengths

Seek feedback from others around you. This is not an easy task. However, make an effort to get comments on what you do well is rare.

“ The tendency is that we admire what we cannot do, and then set a goal to **get better at what you are not**.

Present who you are

Let your look speaks out who you are. In fact, whether you like it or not, it shows. When you feel lazy, you look lazy. When you feel confident, you dress according to your personality.

The good news is the reverse has a tremendous effect on you. Dressing well can lead to more confidence on a bad day. Dressing in a way that presents your personality helps you harmonize with the surroundings.

Dressing well comes with **clarity on who you are**.

“ Look matters!
Ask any guy in a suit and
tie,
Any lady in her favorite
dress.

To sum up

The shortest way to get better is to make an effort **to get to know yourself** and strengthen your traits both from inside and outside.

Goal check: I learned how consultants take care of personal matters to strengthen their lifestyles.

Wasu's Review
(4.0 / 5.0)

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Bonus: Another book on living well like a businessman: [The Viking's Guide to Good Business by King's Mirror](#)

