



DOUG GARLAND, MD

The Tall Poppy Syndrome Expert

BIO

AUTHOR OF THE MOST COMPREHENSIVE STUDY OF THE TALL POPPY SYNDROME

Douglas Garland, M.D., practiced orthopedic surgery for 37 years in Southern California. Dr. Garland was a Clinical Professor of Orthopedics at the University of Southern California and he authored over 100 peer-reviewed scientific articles. With over 600 citations, *The Tall Poppy Syndrome* is the most comprehensive book on the subject.

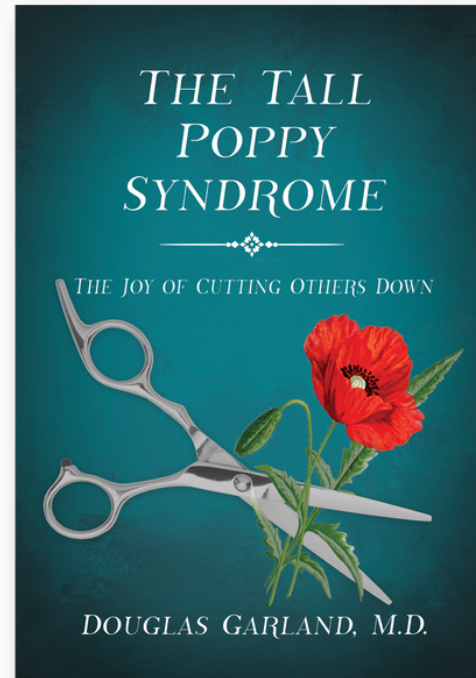
As heard in a 2018 episode of ***The Hidden Brain***, the tall poppy syndrome is a human condition that has been present in every society from the beginning of time. It explains why we seek out equity and justify our actions by cutting others down.

QUESTIONS

- What is the Tall Poppy Syndrome (TPS)?
- What does it mean to be Tall Poppied?
- What are the Two Forms of Envy?
- Hierarchy as Perpetrator of the Tall Poppy Syndrome
- Competition, Rivalries, and the Tall Poppy Syndrome
- How is the Tall Poppy Syndrome connected to the cancel culture?

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Dr. Garland has been studying the **Tall Poppy** phenomenon for more than 10 years after he experienced it firsthand. His work brings awareness and clarity to a hidden and often misunderstood human condition.

Using both recent examples and case studies throughout history we can begin to understand the emotional damage and challenges that we, as well as Tall Poppies, experience.

www.DougGarland.com