

#HASHTAG

EDITED BY REDDING WORTH
ILLUSTRATION BY TOM BACHTELL

#ON MY NIGHTSTAND

I'm almost always a nonfiction reader. Currently, I'm reading *The Molecule of More* by Daniel Z. Lieberman and Michael E. Long.

It explores the neuroscience of dopamine and its influence on ambition, creativity, and human behavior. As a facial plastic surgeon,

I find value in connecting neurobiology with aesthetics—understanding what drives patients' desires for transformation helps me innovate treatments that address both form and function.

#ON MY MOBILE

I balance two worlds: medical journals and design platforms. At any given moment, I have at least five research projects going on, so I'm constantly devouring literature on diverse topics such as recovery, facial, plastic surgery, wound healing, anatomy, and technique.

On the other hand, design and architecture feeds remind me to see beauty in structure, proportion, and symmetry. I love both the design as well as the craftsmanship that goes into many bespoke architectural details. These influences converge in my work, shaping not just how I operate, but how I think about the future of facial aesthetics. Being both the architect and the craftsman for facial plastic surgery gives me the opportunity to design and implement my surgical visions into real-life transformations.

#IN MY EARBUDS

Podcasts like *The Peter Attia Drive* podcast and *Huberman Lab* keep me sharp on longevity, performance, and health science—areas that influence my surgical protocols and patient care strategies. In the operating room, I turn to symphonic EDM, which combines electronic dance music with classical works, for focus and calm. It's a way of creating an environment where precision and artistry align seamlessly.

ANIL SHAH (MD, FACS) is a double board-certified facial plastic surgeon celebrated for pioneering techniques that have redefined modern aesthetics. Known internationally for innovations such as his pain-free rhinoplasty and signature 5-Layer Neck Lift, Dr. Shah brings world-class expertise to the North Shore with his flagship Winnetka practice, alongside his River North and New York City locations. He chose Winnetka as a third home base thanks to his strong North Shore following. Beyond the operating room, Anil enjoys biking through local trails, evenings at Ravinia, and time spent at the Chicago Botanic Garden—reminders that innovation and artistry thrive in balance with community and nature. This surgeon, innovator, and design enthusiast took a break from shaping the future of facial aesthetics to share what's currently inspiring him.

