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Quiet: The Power of Introverts in a World That Can't Stop Talking

By Susan Cain

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Quiet: The Power of Introverts in a World That Can't Stop Talking, Susan Cain, "Quiet" by Susan Cain will change how you think about introverts forever. A "Sunday Times" and "New York Times" Bestseller. Our lives are driven by a fact that most of us can't name and don't understand. It defines who our friends and lovers are, which careers we choose, and whether we blush when we're embarrassed. That fact is whether we're an introvert or an extrovert. The introvert/extrovert divide is the most fundamental dimension of personality. And at least a third of us are on the introverted side. Some of the world's most talented people are introverts. Without them we wouldn't have the Apple computer, the theory of relativity and Van Gogh's sunflowers. Yet extroverts have taken over. Shyness, sensitivity and seriousness are often seen as being negative. Introverts feel reproached for being the way they are. In "Quiet", Susan Cain shows how the brain chemistry of introverts and extroverts differs, and how society misunderstands and undervalues introverts. She gives introverts the tools to better understand themselves and take full advantage of their strengths. Passionately argued, superbly researched,...



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