



# Introvert Power: Why Your Inner Life Is Your Hidden Strength

By Laurie Helgoe Ph.D.

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**Introvert Power: Why Your Inner Life Is Your Hidden Strength** By Laurie Helgoe Ph.D.

*"If you have introvert inclinations and are doubting yourself, this is a must read. Or if you know someone who exhibits introvert symptoms, read this book before calling the shrink."*

**- Bhante Yogavacara Rahula, author of One Night's Shelter: An Autobiography of an American Buddhist Monk**

## EMBRACE THE POWER INSIDE YOU

Are you an introvert? Psychologist and introvert Laurie Helgoe reveals that more than half of all Americans are. Introverts gain energy and power through reflection and solitude. Our culture, however, is geared toward the extrovert. The pressure to enjoy parties, chatter, and interactions can lead people to think that an inward orientation is a problem instead of an opportunity.

Helgoe shows that the exact opposite is true: Introverts can capitalize on this inner source of power. **INTROVERT POWER** is a groundbreaking call for an introvert renaissance, a blueprint for how introverts can take full advantage of this hidden strength in daily life. Supplemented by the voices of several introverts, Helgoe presents a startling look at introvert numbers, influence, and economic might.

Revolutionary and invaluable, **INTROVERT POWER** includes ideas for how introverts can learn to:

- Claim private space
- Carve out time to think
- Bring a slower tempo into daily life
- Create breaks in conversation and relationships
- Deal effectively with parties, interruptions, and crowds

**QUIET IS MIGHT. SOLITUDE IS STRENGTH. INTROVERSION IS POWER.**

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## **Introvert Power: Why Your Inner Life Is Your Hidden Strength** By Laurie Helgoe Ph.D. Bibliography

- Sales Rank: #853348 in Books
- Brand: Brand: Sourcebooks
- Published on: 2008-07-01
- Original language: English
- Number of items: 1
- Dimensions: .70" h x 5.90" w x 8.90" l, .85 pounds
- Binding: Paperback
- 288 pages

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### **Editorial Review**

From Publishers Weekly

Starred Review. "Most Americans, whether introverted or extroverted, have learned to look like extroverts," writes psychologist (and introvert) Helgoe in this well-written and well-reasoned analysis that challenges the perception of introverts as a silent, problematic minority. The author reveals that 57% of the U.S. population identify as introverts and are so commonly misunderstood because many of them have become adept at mimicking extroversion (becoming a "Socially Accessible Introvert") to get by. Helgoe encourages introverts to see themselves as perfectly functional and to fulfill their need for solitude with regular retreats and creating a private space in their homes. Helgoe's book is wide-ranging and cross-cultural, invoking how other societies (particularly in Japan and Scandinavia) are more compatible with and accepting of introversion. Helpful sections details why introverts need extroverts in their lives and how extroverts depend on introverts for their artistic contributions and inner "richness." The author's voice is vivid and engaging, and she skillfully draws real-life examples of awkward scenarios introverts find themselves in when forced to play a role in society or the workplace. Readers will find much insight, as well as a comforting sense of being understood and validated.

Review

So many spot on assertions about introversion – what it is and what it isn't. I definitely appreciated the insight Helgoe had with respect to understanding and building upon the strengths of the introverted mind.

About the Author

Laurie Helgoe, PhD, is a writer, psychologist, part-time actor, and model-and introvert. This is her fifth book.

### **Users Review**

**From reader reviews:**

**Steve Garcia:**

Here thing why this specific Introvert Power: Why Your Inner Life Is Your Hidden Strength are different and dependable to be yours. First of all reading a book is good nevertheless it depends in the content than it which is the content is as scrumptious as food or not. Introvert Power: Why Your Inner Life Is Your Hidden Strength giving you information deeper including different ways, you can find any reserve out there but there is no guide that similar with Introvert Power: Why Your Inner Life Is Your Hidden Strength. It gives you thrill looking at journey, its open up your personal eyes about the thing which happened in the world which is might be can be happened around you. You can bring everywhere like in recreation area, café, or even in your approach home by train. If you are having difficulties in bringing the imprinted book maybe the form of Introvert Power: Why Your Inner Life Is Your Hidden Strength in e-book can be your alternative.

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