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Introvert Power: Why Your Inner Life Is Your Hidden Strength

Laurie A Helgoe

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"Vivid and engaging."—*Publishers Weekly*, starred review

Embrace the Power Inside You

It's no wonder that introversion is making headlines—half of all Americans are introverts. But if that describes you—are you making the most of your inner strength?

Psychologist and introvert Laurie Helgoe unveils the genius of introversion. Introverts gain energy and power through reflection and solitude. Our culture, however, is geared toward the extrovert. The pressure to get out there and get happier 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 blueprint for how introverts can take full advantage of this hidden strength in daily life.

Revolutionary and invaluable, *Introvert Power* includes ideas for how introverts can learn to:

•Claim private space

•Bring a slower tempo into daily life

•Deal effectively with parties, interruptions, and crowds

Quiet is might. *Solitude* is strength. *Introversion* is power.

"A modern-day Thoreau."—Stephen Bertman, author of *The Eight Pillars of Greek Wisdom*

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