



The Introvert's Way: Living a Quiet Life in a Noisy World (Perigee Book)

By Sophia Dembling

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The Introvert's Way: Living a Quiet Life in a Noisy World (Perigee Book)

By Sophia Dembling

For anyone who loved Susan Cain's *Quiet*, comes this practical manifesto sharing the joys of introversion...

This clever and pithy book challenges introverts to take ownership of their personalities...with quiet strength. Sophia Dembling asserts that the introvert's lifestyle is not "wrong" or lacking, as society or extroverts would have us believe. Through a combination of personal insights and psychology, *The Introvert's Way* helps and encourages introverts to embrace their nature, to respect traits they may have been ashamed of and reframe them as assets.

You're not shy; rather, you appreciate the joys of quiet. You're not antisocial; instead, you enjoy recharging through time alone. You're not unfriendly, but you do find more meaning in one-on-one connections than large gatherings.

By honoring what makes them unique, this astute and inspiring book challenges introverts to "own" their introversion, igniting a quiet revolution that will change how they see themselves and how they engage with the world.

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Bibliography**

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Editorial Review

Review

“In this thought-provoking treatise on the quieter types, Dembling, the blogger behind Psychology Today’s “The Introvert’s Corner,” proposes a wholesale rethinking of what it means to be an introvert.... Dembling’s account is refreshingly candid and straightforward—“I am an introvert,” she writes, “And there’s not a damn thing wrong with me.”

-*Publishers Weekly*

“Unlike *Quiet*, it not only provides scientific and cultural background but also practical tips and a thorough-note of complete understanding of the introvert’s nature. An introvert myself, I have never read a book that I have so truly felt myself in.”

-*Psych Central*

“Dembling urges introverts to embrace their need for solitude, reflection, and regeneration with no apologies. It’s what makes us who we are.”

-*Cleveland Plain Dealer*

About the Author

Sophia Dembling writes *The Introvert’s Corner* blog for *Psychology Today*. Her previous books include *The Yankee Chick’s Survival Guide to Texas*, and she has published hundreds of articles and essays in magazines, newspapers, and websites.

Users Review

From reader reviews:

Warren Damron:

Precisely why? Because this *The Introvert's Way: Living a Quiet Life in a Noisy World* (Perigee Book) is an unordinary book that the inside of the book waiting for you to snap the item but latter it will zap you with the secret that inside. Reading this book next to it was fantastic author who have write the book in such awesome way makes the content within easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This book will give you a lot of benefits than the other book get such as help improving your skill and your critical thinking way. So , still want to hesitate having that book? If I have been you I will go to the book store hurriedly.

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