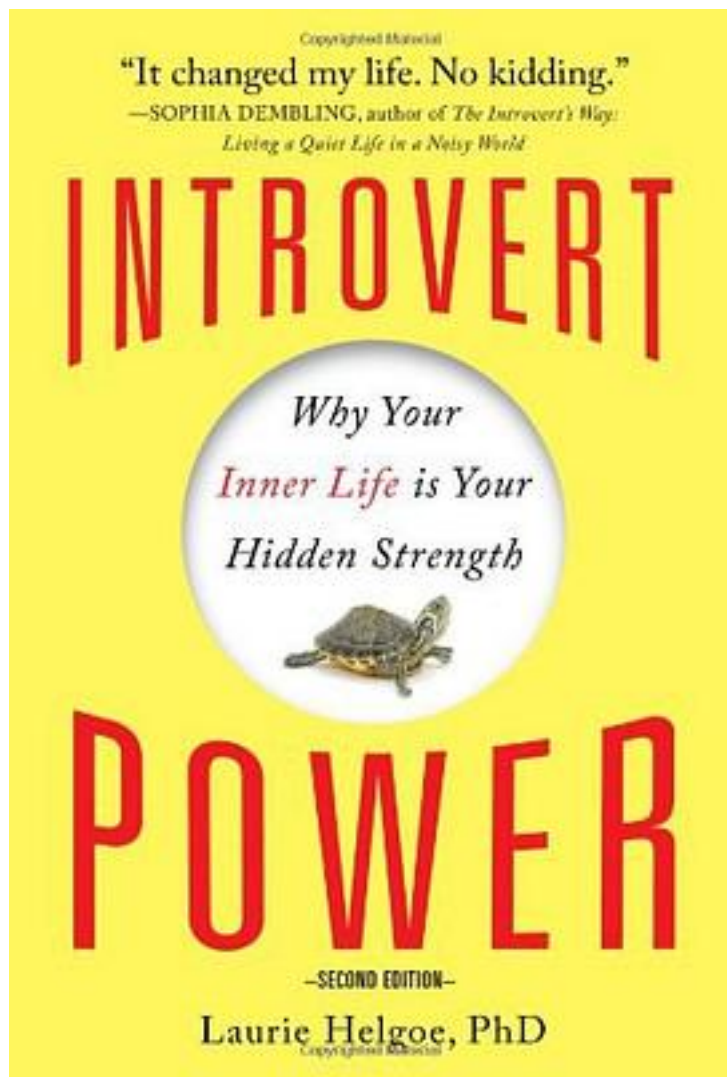


# Introvert Power



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It doesn't focus on extroverts and how to become like them, but how to take advantage of the fact that introversion is an opportunity and not a weakness. It also talks about how readers can become authentically and confidently introverted, discusses society's ideas about what is healthy re: intro and extroversion, and look at America's values in contrast with a society like Japan. America is reportedly a nation of extroverts, but the latest research shows that more than half of Americans are in fact introverts and of course many introverts like to read, and will be drawn to this title. Helgoe will strengthen the draw of this book by addressing the huge variation of introverts, detailing the different shades of introversion. Introvert Power will become a shelf staple as the go-to guide for introverts that's practical and proactive.

作者介绍:

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标签

心理学

性格心理学

书籍

Introvert

科学和心理学

评论

比较有趣的一本书，发现我和作者有很多共同点哦！最大的收获是发现以前我自认为是缺点的地方，其实只是Introvert的天性

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