



# 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**

- Sales Rank: #12246 in eBooks
- Published on: 2012-12-04
- Released on: 2012-12-04
- Format: Kindle eBook



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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.

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