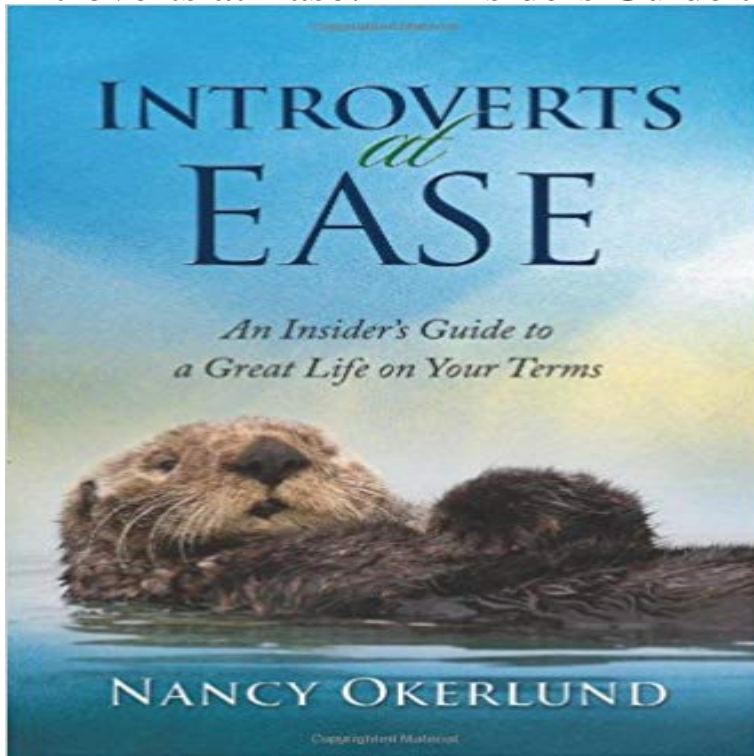


Introverts at Ease: An Insiders Guide to a Great Life on Your Terms



Why being an introvert is a good thing - and how to make it great for you: Depending on who you listen to, introverts make up 25-50% of the U.S. population, or between 80 and 160 million people. That's a lot of self-aware folks with strong powers of observation, concentration and focus. But many of us don't feel strong or energetic, and even wonder if there's something wrong with us. Some of us don't even realize we're introverts. The latest research shows that introverts are hardwired differently, with specific energy and lifestyle needs that sometimes conflict with those of extroverts. It's not about becoming more extroverted; it's about allowing yourself to think and behave in ways more suitable to being an introvert in an extroverted culture. Introvert expert Nancy Okerlund captures the essence of the introvert dilemma, and provides realistic strategies and techniques to help you create a more energized and fulfilling life. Learn to recognize: * The impact of your hardwiring on your body and your energy levels * Negative stereotypes, and begin to see introversion as a strength * Unsatisfying behaviors you can replace with an introvert's way of doing things * Extrovert skill sets and behavior without trying to become an extrovert

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