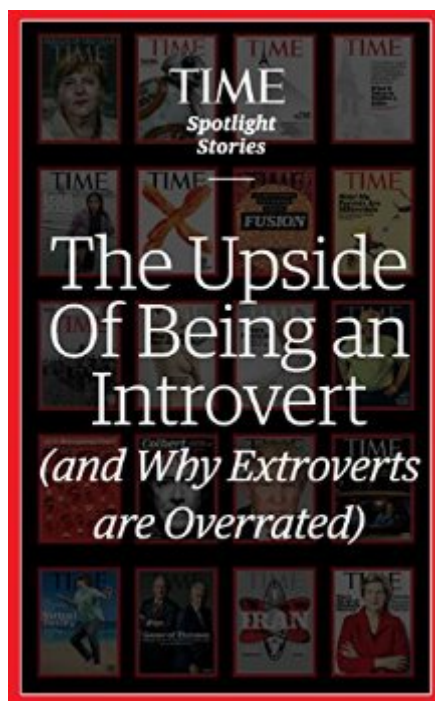


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# The Upside Of Being An Introvert



## Synopsis

By some estimates, 30% of all people fall on the introvert end of the temperament spectrum. Simply being an introvert can also feel taxing--especially in America, land of the loud and home of the talkative. From classrooms built around group learning to open-plan offices that encourage endless meetings, it sometimes seems that the quality of your work has less value than the volume of your voice. This TIME Spotlight Story explores the Upside of Being an Introvert. This is a reproduction of a story that appeared in the February 6, 2012 issue of TIME magazine.

## Book Information

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## Customer Reviews

This is a concise, clear explanation of what it is to be an introvert. Yes, I can function in noisy and crowded situations. But I do NOT like it, nor am I comfortable. Sadly, being a citizen of the USA, I have always felt (and often been told) that there is something wrong with me. I wish my mother could have read this. Maybe I can get my husband--a VERY extroverted man--to read this and understand why I like to stay home, rather than constantly be out and about.

I have always known I am an introvert. It is something that I grew up thinking was a personality 'defect' however. I have learned that it is not a bad thing and I have learned to ignore those people

that try to shame me for being introverted. When I read these types of articles, it reaffirms things I already know, but sometimes you need reaffirmation. I only wish everyone could know this. However, ironically enough, the people that are ignorant to this are the ones who think reading is stupid. If only they knew how much they could learn.

It was a good perspective on being an introvert. Sometimes you need a moment of silence in a world that is constantly screaming.

I myself am an introvert and its great to finally find an article that describes my situation perfectly. I will definitely recommend this to the many extroverts that don't understand the way us introverts feel

Thank you for such verification. As an ex librarian and indeed a bathroom inhabitant I do have a high intellect and enjoy limited numbers of associates who are also of the same ilk. People who indulge in gales of senseless laughter really depress me.

A useful book. It helped me understand being an introvert and confirmed that I'm not anti-social but too many people all at once drains an introverts energy, and he/she needs time alone. For decades I've known I need time alone after being around a lot of people, but I thought there must be something wrong with me. Turns out I'm just an introvert.

Took off a star for length, though I realize these Time shorts are supposed to be short, I wanted more. The mix of personal experiences and information was wonderful. Altogether I really liked the book and highlighted several mentions within of other books with complimentary subject matter I would enjoy reading.

I really saw myself in the pages of this book. When your son toasts you at his wedding reception and says (in front of a room full of people)," I want to thank my Mom for coming out of her shell long enough to attend my wedding."

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