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Titolo	A Joosr Guide to... Quiet by Susan Cain : The Power of Introverts in a World that Can't Stop Talking
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Nota di contenuto	Copyright Page; Contents; What's it about?; Extraversion is considered desirable, introversion is unwelcome; Introverts and extroverts think and work differently. Not all introverts are necessarily shy; The extrovert ideal took shape during the early 20th century; Who makes a better leader: an extrovert or an introvert?; Extroverts are reward-oriented while introverts are threat-oriented; Workplaces must offer employees a mix of private and open spaces; Experiences can change our temperament over time; Introverts need to find their comfort zone - and then learn to step out of it Asian cultures value restrained, thoughtful speech over aggressive extraversionIt is worth taking on a false persona only if it aligns with our core beliefs; When our kids are the opposite of us, we must avoid being judgmental and nurture their natural competencies; An extrovert/introvert relationship can work well if the couple understand and appreciate their differing personalities; Final summary; Now read the book
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accessible eBook summaries fit into your life. Find out more at joosr.com. Our society overlooks and discourages introverted behavior, but introverts have unique and valuable qualities that help shape the world we live in every day. The power of introversion isn't something you hear discussed much. Extroverts se
