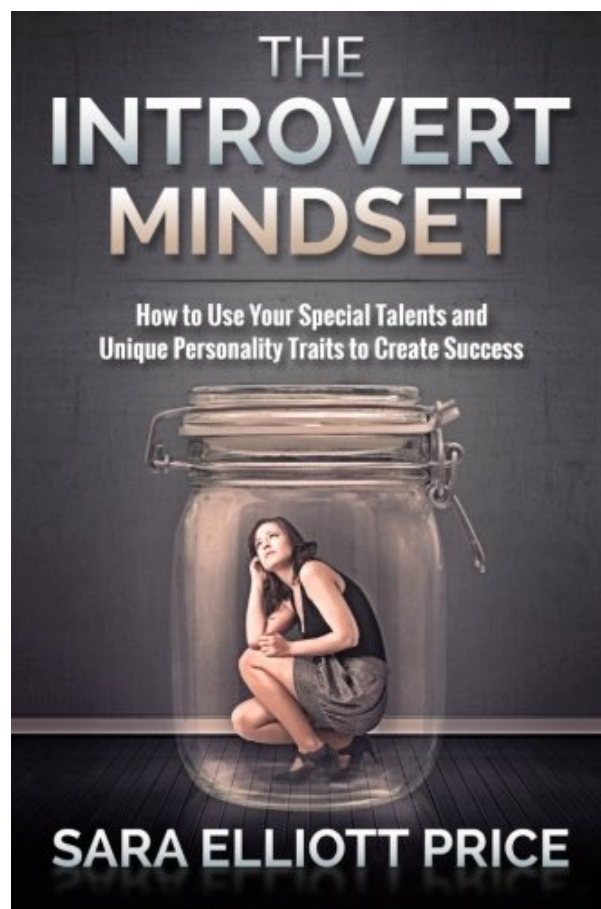


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About the Author

Sara Elliott Price is a best selling author in the health and self development genres. At a very early age she knew she had a passion to help others become healthier, better versions of themselves. She is a certified Holistic Health Counselor and a graduate of the Institute for Integrative Nutrition in NYC.

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Discover How an Introvert Can Find Success and Happiness in a World of Extroverts!

Have you ever wondered what a quiet person has to offer in today's noisy, bustling society? How can we learn to value and promote our talents in a world that favors those who are outgoing and assertive? Would you like to know more about your strengths as an introvert and how to use them to your advantage?

If you answered 'yes' to any of those questions, then keep reading...

Explore Your Unique Talents And Celebrate What Sets You Apart!

Introverts are often thought of as shy and withdrawn individuals, but this is far from true! Many introverts are sociable and friendly, and some may even pass as extroverts. The Introvert Mindset explains that the true definition of an introvert is someone who draws energy from their own company instead of relying on others to energize them. If you can relate, then this book is for you!

The core message of The Introvert Mindset is that it's not just okay, but actually really helpful to be on your own for a while. This gives you time to recharge your energy.

Our 21st-Century Society Needs The Gifts And Abilities That Introverts Bring To The Table...

But do you truly understand your unique qualities and talents? How can you make them work for you? And how can you learn to utilize them in a world of extroverts? The Introvert Mindset answers all these questions and more. It even gives simple strategies to help get you noticed and promoted at work.

After reading this book you'll know how you can boost your energy by building introvert breaks into your schedule. You'll understand why being a part-time extrovert can be good, but a full-time one is risky. You'll read real-life stories about people who've struggled to cope with living and working in a crowd of extroverts, and how they survived.

Here's a Small Sample of What You'll Find Inside...

- How to tell if you're an Introvert
- How to use introversion to your advantage
- Learn to embrace and love the real you
- Why the world needs your unique insight
- Learn how you can recharge your social battery
- How to stand out (painlessly!) in the workplace
- How to happily coexist with your extroverted friends and family
- How to speak your mind and gain the respect of those around you Plus, so much more!

The Introvert Mindset is full of fascinating facts and practical ideas for introverts. A survival guide that will teach you, not only how to survive, but thrive in an extroverted world.

Want to learn more?

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3 of 3 people found the following review helpful.

... actual book and made many references to Susan Cain's best seller Quiet

By Michael Ericksen

This was more of a pocket guide than an actual book and made many references to Susan Cain's best seller Quiet. Read Susan's book instead of this one then follow up with Dale Carnegie's "How to win friends and influence people".

1 of 1 people found the following review helpful.

Extremely Informative!

By Patrick

Being a introverted person with social anxiety myself I found this book extremely informative and helpful. The author went over the traits of a introvert, and explained the difference between being introverted and being shy. I really appreciate all the effort that went into this book, and I will definitely come back to it as a reference. Any of my fellow introverts looking for a deeper understanding and some solutions would appreciate this book.

1 of 1 people found the following review helpful.

Happy to bean introvert.

By Forest1

This book defines me accurately. Now that I have read the book, I feel confident about myself. I am going to take to heart all the suggestions for an introvert to adapt and cope in this world of extroverts while still being true to oneself.

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