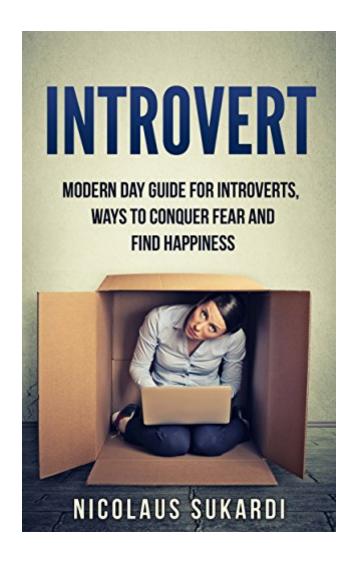
The book was found

Introvert: Modern Day Guide For Introverts, Ways To Conquer Fear And Find Happiness (shyness, Social Anxiety, Success, Confidence, Relationship)





Synopsis

Use this book as a guide to maximise your quality of life and happiness as an Introvert. Overcome your fear and be the person you were destined to be!Who are introverts? The author Jonathan Rauch explains it best, â œfor introverts to be alone with our thoughts is as restorative as sleeping, as nourishing as eatingâ •. Other attributes such as â ˆthey are more prone to deep thoughts and emotionsâ ™. Have you ever experience the feeling of being suffocated in a nightclub full of people? Your friends seem to be having fun, dancing their hearts away, and here you areâ | sitting in the corner, sipping on your drink, and thinking to yourself, Man... I wish I was at home watching a movie right now. If you find yourself occupied with these thoughts and it's affecting your social life, than look no further. In this book I have laid out step by step strategies to live and maximise your life as an Introvert. Here Is A Preview Of What You'll Learn...Challenges of being an Introverthow to be more socialWhy You Should TravelHow To Overcome SolitudeCareer And WorkplaceSee It As A BlessingAnd Much More Tips Inside!Be the person that you were meant to be and get this Kindle Book now for only \$0.99!

Book Information

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Anxieties & Phobias #103 in Books > Self-Help > Communication & Social Skills

Customer Reviews

This is a book written from the heart. It's s a commonsense approach to what can be a crippling way

of being in the world. Since I, too, am an introvert who has set about to make a more meaningful life for myself, Sukardi not only offered practical ways to be more balanced but inspired me to use my introversion as the building block to a full and satisfying life.

I myself very active and sociable person, and I find it difficult to present a complete picture of how an introvert feeling in our dynamic world. I bought this book as a gift to my sister, who is now interested in psychology. She appreciated the material and gave a rating of 5 stars!

Excellent book and actually really helpful. I've read other self help books on introverts and this one put a lot of things into perspective in a way that appealed to me. I hate books that sound too authoritative, especially on quasi-scientific subjects like this one where the research is few and far in between. Nicolaus wrote from the perspective of someone who'd dealt with the problems of being an introvert in the same ways that I had dealt with them and offered solutions to issues I never saw myself being able to fix. This is a great read that you can whip out on your lunch break and return to work feeling just a little bit better about being an introvert and still secretly wanting to find a way out of that office party your boss is demanding you attend.

The author is sharing personal story. Book is short and can be read in 30 mins. He explains about how alone he felt and decided to make a solo trip to Thailand where he joined muay Thai course for 2 months. He also share some tips on creating new friends and reinforced on accepting who we are. Recommended for beginners who have not read anything about this subject.

This was a straight to the point and easy to follow book for introverts to overcome some of their shyness. The writer shares that we need to accept who we are but also shares suggestions for us to get out of our shells. I found the tips he provides to be very helpful and I've already started using some of them at my work.

I didn't find the content relevant or useful. For an incredibly shy introvert, traveling solo is not a way to meet people or making new friends, etc. This is your story and what worked for you (the author) and not a guide of any sort. I'm sure some people will be interested in how you made changes in your life to deal with the woes of being an introvert, I'm just not one of them.

Very short but did help me reconsider some of my introverted ways. I was a little distracted by the

grammar blunders and typos (not to mention unnecessary cursing)--as if the pages had not been proof read--but nonetheless a brief, but worth reading pamphlet.

Sound like it was written in a foreign language and then spun. I couldn't get through it. Even Word would have fixed most of it. If you don't speak English, don't write books in English. Seriously!

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Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem

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