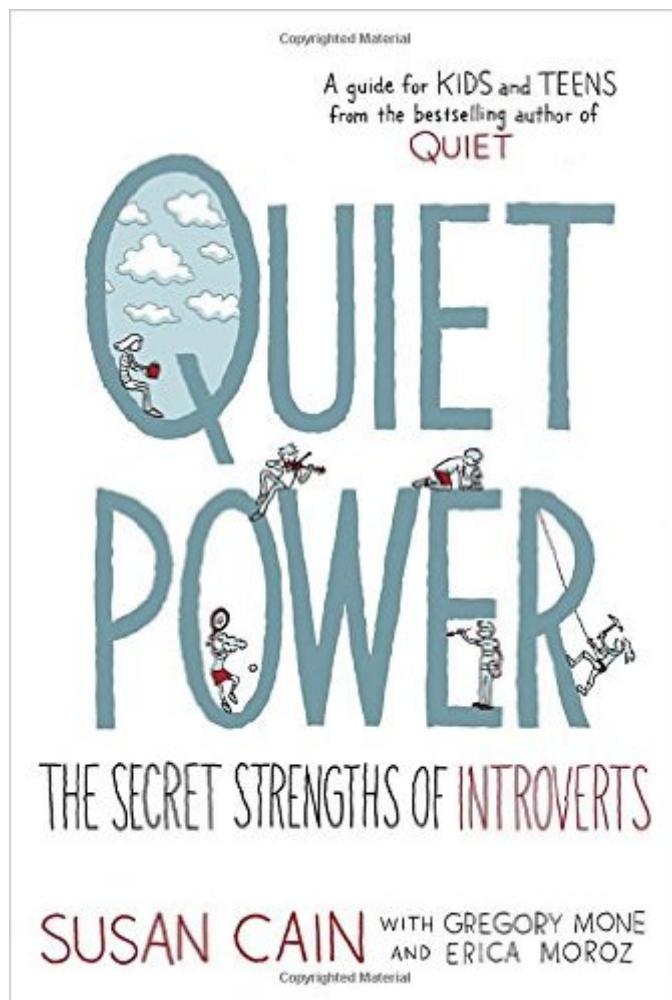


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# Quiet Power: The Secret Strengths Of Introverts



## Synopsis

The monumental bestseller *Quiet* has been recast in a new edition that empowers introverted kids and teens. Susan Cain sparked a worldwide conversation when she published *Quiet: The Power of Introverts in a World That Can't Stop Talking*. With her inspiring book, she permanently changed the way we see introverts and the way introverts see themselves. The original book focused on the workplace, and Susan realized that a version for and about kids was also badly needed. This book is all about kids' world—school, extracurriculars, family life, and friendship. You'll read about actual kids who have tackled the challenges of not being extroverted and who have made a mark in their own quiet way. You'll hear Susan Cain's own story, and you'll be able to make use of the tips at the end of each chapter. There's even a guide at the end of the book for parents and teachers. This insightful, accessible, and empowering book, illustrated with amusing comic-style art, will be eye-opening to extroverts and introverts alike.

## Book Information

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Hardcover: 288 pages

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Product Dimensions: 5.9 x 1 x 8.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars (See all reviews) (48 customer reviews)

Best Sellers Rank: #5,880 in Books (See Top 100 in Books) #65 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #117 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 10 and up

Grade Level: 5 and up

## Customer Reviews

Man oh man, I wish I had a book like this when I was younger. I grew up in a family that did not accept quiet people. I was always the odd one out, as I preferred a calm and soothing environment to read or think by myself. I hated that the TV was on all the time, that people seemed to be

shouting and arguing instead of talking and listening, and, especially, that I was constantly criticized for being too sensitive, too shy, and too reclusive. I, of course, enjoyed reading Susan Cain's first book, *Quiet*, but I love that she decided to write another book aimed at a younger audience. I know my childhood experience of being shamed for being "too quiet" isn't unique. And the judgments you absorb as a child stay with you--sometimes for a lifetime, unfortunately. As a kid, I think I would have given anything to hear someone say that it was okay to, well, be me. And that is what this book gives: acceptance. There is no extrovert-bashing in here (quite the opposite, actually), but the book IS a gentle celebration of all people who prefer to approach life in a slightly more calm and deliberate way. *Quiet Power* is divided into four sections: School, Socializing, Hobbies, and Home. Each section has several chapters, all pertaining to the main subject of the section. Cain gives a lot of good, practical advice, but she's never pushy or judgmental. Some of my favorite takeaways from this book: (\*) Introverts are good listeners, and they are very focused. This tends to make them good leaders. (\*) Find tactics that help you reduce social anxiety: speak up first; speak up last; or sit up front so you don't have to see others watching you. (\*) Pursue causes you are passionate about, since passion tends to override fear. (\*) It's okay to build your alliances slowly and steadily. (\*) You don't grow out of being shy, you grow into it. (\*) Stretch yourself beyond your comfort zone, but only so far; on a scale of 1 - 10, your anxiety level should be around 5 - 6. (\*) If your kid loves school, but tends to come home and immediately have a meltdown, it might be because she is exhausted by being "on" for the past several hours. Make sure your kid has time to unwind and recharge after big activities. (Um, this was life-changing for our household.) One of the best things about this book is that all this advice isn't delivered via a lecture; it's demonstrated through personal stories. Most of the stories come from introverted kids (in middle school through college), but there are some stories from famous adults, as well (e.g., Gandhi, Beyonce, Steve Wozniak, Bill Gates, Eleanor Roosevelt, etc.). All of these people experience different levels of introversion. Some are straight up loners; others become class president. There is a lot of variety, which means just about any introvert is going to be able to read this book and find something useful. Ultimately, *Quiet Power* is a practical and uplifting resource for introverted kids--and I think it's a helpful book for adults, too, whether you are introverted or not. It can be so hurtful to not be accepted as a kid, and I think it is worthwhile for adults to understand that quiet kids aren't weird or broken. They have their own unique way of experiencing the world and expressing themselves, but they add so much to the conversation. We just need to close our mouths, open our ears, and listen.

I am an extrovert with three (out of 4) introverted children. If you find yourself in this situation, I

highly recommend this book. My eldest child probably suffered because I truly did not understand how he functioned as an introvert. Quiet Power gives insight into what it means to be an introvert and practical steps how to function in our world. I very much appreciated the fact that this book does not ask an introvert to change, but rather meet the challenges of life within the framework of their personality. There are times when the author encourages kids to embrace the strength of introversion and other cases where she encourages them to step outside their comfort zone. I am giving this book 4 out of 5 stars because it is suppose to be written to kids and teens ages 10 and up. Having passed this book around to my teenage children (who are avid fiction and non-fiction readers) I can tell you that the layout and length of the book did not encourage them to read it through. I ended up reading portions over our dinner table, which kicked off some great discussions. One evening I witnessed the light go on in my youngest and most introverted child as he saw that the way he was created could actually be of benefit to him. The topics covered in this book include what it means to be an introvert at school, in social settings, in outside interests, and at home. Each topic covers what situations are most likely going to feel like to an introvert and how to function well within those environments. I particularly liked times when the author gives introverts ways to succeed in areas that are more difficult for them, like giving a presentation, small talk and leadership. I see myself either using this book as a parenting resource or putting it by my kid's bedside with pertinent pages marked for them to read at their leisure.

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