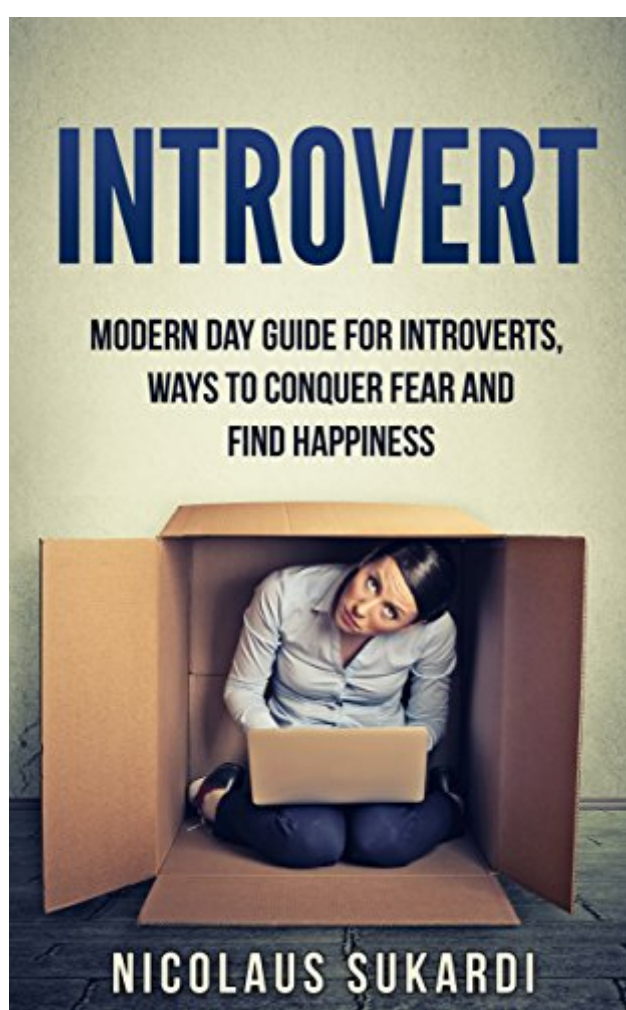


The book was found

# **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, "for introverts to be alone with our thoughts is as restorative as sleeping, as nourishing as eating". Other attributes such as "they are more prone to deep thoughts and emotions". 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 are | 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 Introvert how to be more social Why You Should Travel How To Overcome Solitude Career And Workplace See It As A Blessing And 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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## 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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Introvert: modern day guide for introverts, ways to conquer fear and find happiness (shyness, social anxiety, success, confidence, relationship) Introvert: The Introvert's Ultimate Guide- Unleash your Power and Potentials to Succeed! (introvert, introvert's guide, introvert success, introvert power, introvert's ultimate guide) Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety, Confidence, Charisma, Introvert) Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Shyness and Social Anxiety Workbook: Proven, Step-by-Step Techniques for Overcoming your Fear In Pursuit of Peace: 21 Ways to Conquer Anxiety, Fear, and Discontentment (Meyer, Joyce) Fearless Social Confidence: Strategies to Conquer Insecurity, Eliminate Anxiety, Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence The Solution To Social Anxiety: Break Free From The Shyness That Holds You Back Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD),

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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