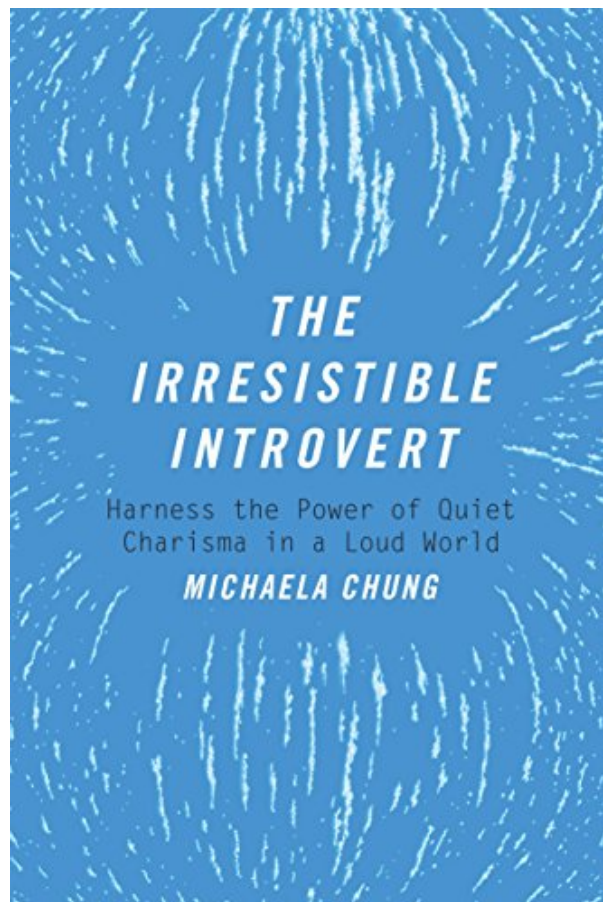
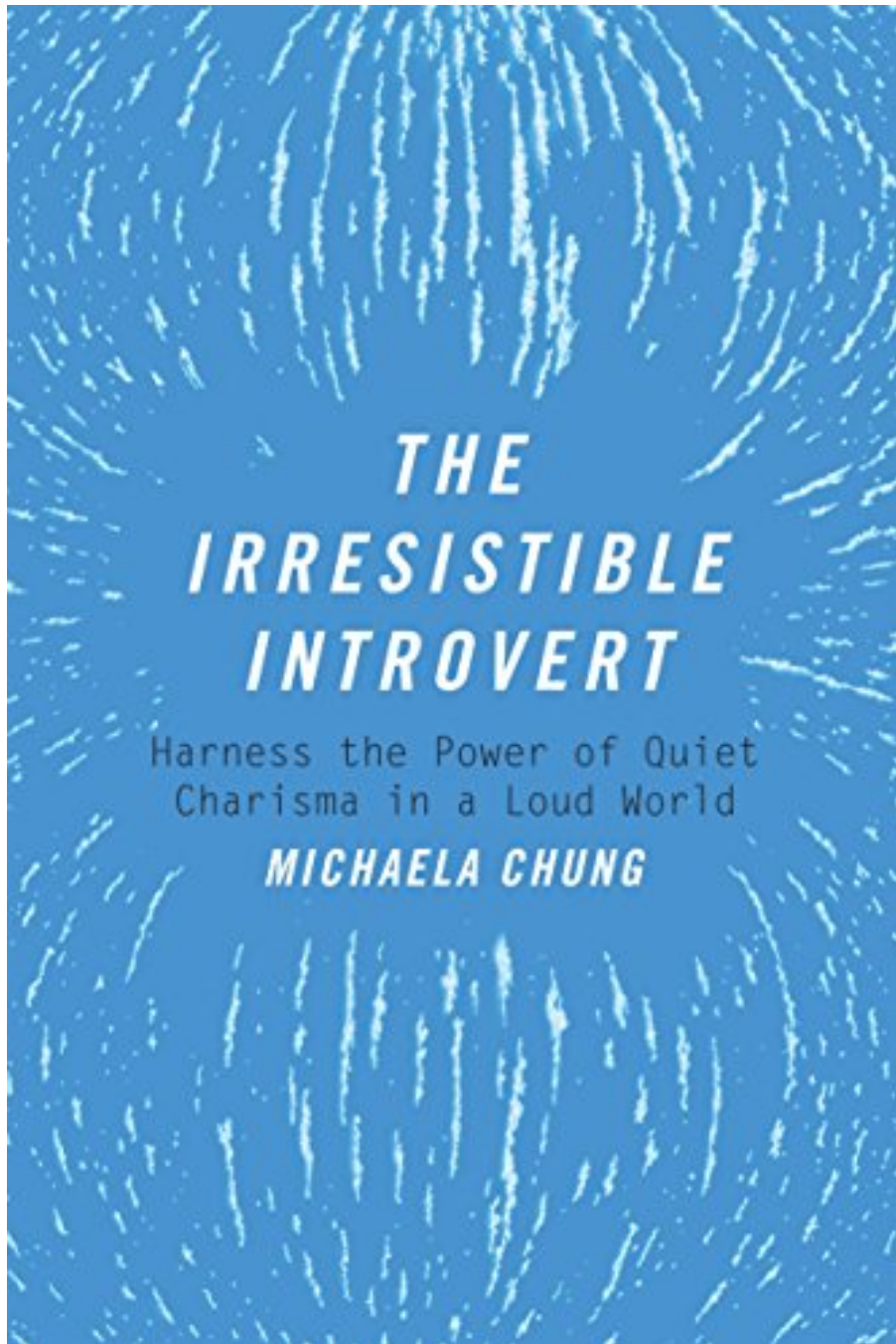


**THE IRRESISTIBLE INTROVERT: HARNESS
THE POWER OF QUIET CHARISMA IN A
LOUD WORLD BY MICHAELA CHUNG**



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Review

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Learn the tools to shed your mask of extroversion, develop your own magnetism, and reveal the true you.

One third to one half of Americans are introverts in a culture that celebrates—even enforces—an ideal of extroversion and a cult of personality. Political leaders are charismatic, celebrities bask in the spotlight, and authority figures are assertive. It is no surprise that a “quiet revolution” has begun to emerge among the “invisible” half of the population, asserting that they are just as powerful in their own unique ways.

The Irresistible Introvert embodies the spirit of this revival and breaks down the myth that charisma is reserved for extroverts only. This mini manifesto shows introverts how to master the art of quiet magnetism in a noisy world—no gregariousness required! Within these pages, you’ll discover how to shed the mask of extroversion and reveal a more compelling (and authentic) you. You’ll also learn how to:

- Master the inner game of intrigue
- Manage your energy for optimal engagement
- Create an emotional ecosystem for charisma
- Establish introverted intimacy
- Cultivate communication skills for quiet types

As a “professional” charismatic introvert, author Michaela Chung demonstrates that you no longer have to forcefully push yourself outward into the world against your nature, but can rather magnetize people inward toward the true you. In the process, you’ll learn to embrace your “innie life” and discover potential you never knew you had.

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- Format: Kindle eBook

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Opened My Eyes

By Daniel

Super powerful, yet very easy to read. This book is a refreshing and revealing perspective from someone who actually lives what she teaches. It's apparent in her stories, colorful illustrations, and right down to her word choice.

As a fellow introvert, this book opened my eyes to things about myself I never realized. For example, things like noise, house clutter and decision-making are sources that drain my energy. Makes complete sense, but something I had never given much thought. To truly excel, us introverts must learn to work with the "natural ebb and flow of our energy."

This book helped shape my understanding of my introversion and the world around me. And not only that, it provided practical, actionable exercises.

46 of 47 people found the following review helpful.

Extroverts Need This Book, Too

By Barbara Florio Graham

As an extrovert, I haven't bothered reading any of the books or articles about how to deal with being an introvert. And when Michaela Chung came to me for help in reviewing the contract Skyhorse Publishing had sent her, I still didn't feel obligated to read her blog or any of her articles. Skyhorse had asked her to write this book, and my job was to ensure that the contract was fair and protected her interests.

But then I had a signed copy of *The Irresistible Introvert* in my hands, and felt I should at least read the introduction. It was a revelation. I realized I had little understanding of my many introvert friends, didn't know why they let me talk so much, why they seemed to hesitate before expressing their opinions, and why I was puzzled that they were able to handle large groups of people gracefully despite my labeling them as shy.

I soon found myself reading further. And I urge extroverts to read this book as well, to better understand those around them.

One revelation was that introverts do not fall into strict categories. As Chung says, they are “not timid or vivacious, silly or serious, quiet or courageous.” Introverts are often just as confident as extroverts, but they express it differently.

I have a close friend who is an introvert, but I see her as attractive, confident, extremely capable, and articulate. When we're in a group, she listens attentively as the extroverts dominate the conversation, and only interjects the occasional comment. But when we're alone, she often talks almost as much as I do!

What I've learned from this book is that we extroverts need to give our introvert friends time to assemble their thoughts. As Chung points out, my thoughts form themselves as complete sentences in my head, and tumble out as soon as I have a chance to open my mouth (or my computer). Introverts, on the other hand, take time to process the thought and put it into words.

If you're an introvert, you need this book to help you understand yourself, not allow others to pigeon-hole you, and to bring out what Chung calls your “quiet charisma.”

If you're an extrovert, you need this book to understand some of the important people in your life that you may have underestimated, and not had the patience to listen to.

Barbara Florio Graham, [...]

11 of 11 people found the following review helpful.

not recommended

By a serious reader

This book started off as promising and then after a few chapters I realized I was not at all interested in finishing it. I am an introvert so was hoping for some great insights. This author does have a few good ideas which are based on her personal experiences. She does not appear to have any training at all in Psychology or in related fields, and often says some things which are just plain incorrect. She also goes off on tangent subjects and personal stories which are really not interesting and are not relevant either. There is a prevailing atmosphere of an arrogant attitude on the author's part, which is very offputting. I really didn't need to read about how she always believed she was very pretty! Meh! I debated about giving this one or two stars and gave it two, but that was a stretch.

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