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and have a more circumspect and cautious approach to risk. Quiet: The Power of Introverts in a World That Can't Stop ... Introverts love quiet. It helps calm our minds and focus our thinking. It's also a powerful presentation tool. A lingering pause after raising a key question can compel the audience to answer—either out loud or in their heads. It also helps presenters collect their thoughts before transitioning to the next point. Practice active listening

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Albert Einstein, the most famous physicist, was an introvert. He believed that being quiet and alone away from external distractions stimulates creativity and thinking. Bill Gates, the founder of Microsoft and one of the richest people on the planet thinks that being focused helped him achieve his status.

[The Introvert Advantage: Your Pros in the Extraversion World](#)

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Introverts LOVE peace and quiet. Check 1. Introverts relish their privacy and can be quite secretive at times. Check 2. Introverts are watchers and listeners, not talkers. Check 3. Introverts don't need a lot of outside stimulation to be happy and at peace.

Introverts are hardwired from birth to focus inward, so outside stimulation can easily become "too much" - chitchat, phone calls, parties, office meetings can all be overwhelming, sending introverts fleeing for a quiet corner.

The Introvert Advantage (How To Thrive In An Extrovert ...

The title [The Introvert Advantage](#) tricks you into picking it up by making you think there's actually some sort of secret advantage or gift that introverts have. Sadly, that advantage is never truly revealed. Very disappointing, strike one. Next, the book is very choppy and not a very organized or cohesive reading experience.

The Introvert Advantage: Your Pros in the Extraversion World

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Things I learned from this book: - 75% of

people are extroverts - introverts often feel drained or overstimulated - introverts get energy from the internal world, extroverts from the external world - introverts like depth, extroverts like breadth - introverts & extroverts may unsettle each other because they think & talk differently - introverts NEED to take breaks regularly, preferably before feeling the need for them - introverts may speak slowly, not show much facial expression, not offer ...

Albert Einstein, the most famous physician, was an introvert. He believed that being quiet and alone away from external distractions stimulates creativity and thinking. Bill Gates, the founder of Microsoft and one of the richest people on the planet thinks that being focused helped him achieve his status.