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Want more? Advanced embedding details, examples, and help! Download Introvert Power by Laurie Helgoe FREE PDF Book - From Introvert Power by Laurie Helgoe PDF: It's no surprise that introversion makes headlines—half of all Americans are introverts. But if it describes you—do you make the most of your inner strength? Buy from Amazon Psychologist and introvert Laurie Helgoe reveals the genius of introversion. Introverts gain energy and strength through reflection and solitude. Our culture, however, is geared towards extroverts. The pressure to get out there and be happier can cause people to think that in-out orientation is a problem rather than an opportunity. Helgoe points out that the opposite is true: introverts can harness this source of inner strength. Introvert Power is a blueprint for how introverts can take full advantage of this hidden power in everyday life. Revolutionary and invaluable, Introvert Power includes ideas on how introverts can learn to: •Claim personal space • Bring slower tempo into everyday life • Deal as effectively with parties, distractions, and quiet crowds as possible. Solitude is power. Introversion is power. Modern-day Thoreau. —Stephen Bertman, author of The Eight Pillars of Greek Wisdom Editorial Reviews Review - Introvert Power by Laurie Helgoe PDF It changed my life. No kidding. Dr. Helgoe's book opens the door to discoveries that have helped liberate me into myself. - Sophia Dembling, author of The Introvert's Way: Living a Quiet Life in a Noisy World Like modern-day Thoreau, psychologist Laurie Helgoe leads us to the quiet Walden Pond in our souls, and shows us the blessing of solitude we can find there. - Stephen Bertman, author of The Eight Pillars of Greek Wisdom I love Laurie Helgoe's book. I just wish I'd had it when I was growing up; it would reduce the number of decades it took me to appreciate my own introversion. Now when I read every page I say Yes! - Josephine Humphreys, novelist and winner of the American Academy of Arts and Letters Award in Literature Extroverts should read this amazing book as well. It's not just that we'll better understand the other 50 percent of the population but that they have so much to teach us. The party is always over, after all. Being alone is inevitable. Helgoe and the introverts among us know the secret: After all the music and dance stops that we are often our most graceful sing. - Ethan Watters, author of Crazy Like Us: The Globalization of the American Psyche Laurie Helgoe's Introvert Power is The Bhagavad Gita for fans bucket wisdom in each of us to honor I now give myself permission to get the key to my office door and replace my reading chair with something that will I'm younger myself. I owe him. - Mary Hershey, author for children & young adult, co-creator of Shrinking Violets, Marketing for Introverts Excerpt - Introvert Power by Laurie Helgoe PDF INTRODUCTION Double check everything you've said. Disperse what insults your soul. —Walt Whitman If you've never been to a mosh hole, you've probably seen one in the movie. Crowds crowded together, body to body, dancing and slamming each other, usually at live music clubs or concerts. Sometimes, someone dives into a hole from the stage and surfs in the arms of a drained crowd. The challenge of moshing is working as closely as possible with the band while avoiding being trampled. Security guards keep an eye out if such a thing happens, but every mosher will tell you that the hole is dangerous. I came to see mosh holes as an exact description of American society—and my childhood home. I was number nine out of ten creative, mostly LOUD kids competing for airspace. My father, a pastor who built pipe organs as a hobby, had wall-sized speakers in the living room that blaring classical music. Introverted Power by Laurie Helgoe PDF When the family sings together, we sing five harmonies from Handel's Messiah without compromise. On Christmas Eve, we had a talent show and family service, and then ripped off our presents at once, papers and ribbons flying everywhere and the voices that surrounded the room screaming thank you! and just what I want! It's a happy memory, because there's a part for each of us. Introverted Power by Laurie Helgoe PDF But instead of tearing up the paper and screaming, I sat in my corner with a pile of my gifts and handled each as a treasure, slowly and carefully opening it, preserving the paper and lingering in the pleasures of discovery. I meditate in mosh holes. However, when there were no prizes to unlock and everyone was competing for air time, I felt invisible and became too stimulated and anxious. My anxiety is not about the pressure to socialize; There are more than enough bodies to take care of that. I became anxious because I couldn't think, and, without my own mind, I felt like I was devastated. My solution is to retreat to my room and write. In my solitude, I was able to regain contact with myself and be solid again. I have a clear imagination; I wrote science fiction and developed a secret code with my sister and a neighbor girl. Although mosh holes are very stressful, I know that retreat is an option. I lost this freedom when I went to school. In first grade, I was scolded for hiding in shower with some girls during the break. We were lying on the floor, secretly engaging in subversive practices—yes, coloring. That's when I found out that my desire for silence and solitude was bad. I'm adapting. Years later, as a PhD candidate in clinical clinical I didn't tell anyone that I was intimidated by the prospect of sitting in a room with a stranger. I want to be beneath the surface—not having to get there through social exchange. Introverted Power by Laurie Helgoe PDF Again, I adapted, found success as a psychologist, and had been practicing for nearly ten years when I first admitted to my analysts (and myself) how to charge social exchange taxes, especially with new clients, had been for me. This is the first time I've acknowledged a simple truth: I'm an introvert. My confession of introversion allowed me to rediscover the precious self I had buried when I first stepped on the school bus. My analysis gave me the time and space I craved, and I entered a personal renaissance. I took my first private retreat, letting my husband and little boy handle things while I enjoyed the privacy of my B&B B is secluded in the woods. I began a period of active writing, learned to make candles, found poetry, and, for the first time, saw the world beyond the narrowing of my profession. Introvert Power by Laurie Helgoe PDF Predictably, as I come alive, people around me—even members of my closest family—are worried. What if I give up my hard-earned career selling candles on the art exhibition circuit? What kind of crazy idea do I get from my analysts? It hurts when your most precious self becomes a source of concern. But once you take advantage of it, those worries won't stop you. What keeps me going is the energy I find. For the first time since my carefree childhood, I'm having a flow. As I strolled through my solitary, I felt I could walk forever, basking in a vast space for thought and imagination. I found the sky and drew its breadth as a source of comfort. The world was open to me during these walks, and I began to imagine new possibilities for my life. The piano keyboard image came to my mind, and I realized that I only learned one note—I'm an expert at it, but there's so much more to discover. The sky reminds me that there are so many more than limited corners of the world I have come to know. I was filled with desires, and that desire led me to new records and new places. I have befriended my introversion and been transported by its power. Since that opening, I've tasted the novelty of working as a model, enjoyed the power of holding audiences captive as a stage actor, writing and directing mixed media shows, and found a more energized focus on my therapeutic skills—helping the author dig through the book Their. Most satisfying of all, I have realized my desire to become a writer, which has allowed me to connect with introverts—personally and discreetly—around the world. Here's a well-kept secret: introversion is not defined by flaws. Introversion, when embraced, is a source of wealth. It took years to admit simple reality, to claim my home, and appreciate everything it has to offer. Maybe you also feel most at home in it. But you may also feel the pull of leaving this house—to set up home in the world of social interaction. Even if you only enjoy the occasional visit inside you, you may struggle to justify such pleasure. Introverted Power by Laurie Helgoe PDF Because extroversions line up so well with American values, our introverts often deprive ourselves of what we enjoy most and thrive on. So, for all of you who draw energy from inside, behind, below, or away from it all, welcome home. THE EXTROVERTED AMERICA There's a lot to love about America—freedom, melting pot diversity, individualism—all interesting concepts, especially for introverts. In fact, the introverts may be the first to feel crowded in the UK and daydream about all the space they will find in the New World. Peace! Quiet! Fast forward to the new millennium—and it has been a fast journey forward—where we are more likely to associate America with office space than with the vast sky. We have become an outside and upward society, conquering, building, competing, buying, improving—extroverts. The wheels creak into greasy, the guys who delay losing, the best teams win, and the winners take it all. In this competition culture, it's no wonder that those of us who prefer introversion feel anxious. We expected to think on our feet, but we thought it best when we were still. We are pressured to join and follow, when we prefer to follow the inner guide. And with multimedia—and smartphones constantly proliferating that we can access anywhere, including bathrooms—the competition finds us where we live. Introverted Power by Laurie Helgoe PDF After a day of fending off distractions, even friendly greetings or passionate queries can make us feel like Dr. Seuss's Grinch (which I believe is a misunderstood introvert), covering our ears and lamenting noise, noise, NOISE! When introverts feel an invasion, we instinctively shut ourselves down to protect our inner resources. We're no longer all there, but we still have to manage the incoming stimuli. We felt split: one part on the watch, the other back at headquarters (proper name, if you think about it). If communication between headquarters and the field is broken, we lose access to ourselves. From this defensive position, we may feel that our only option is to practice extroversion, go underground, or go crazy. Could there be other alternatives? Maybe we can draw our personal and communal strength to introversion in our culture. Sounds like a paradox? Yes—as paradoxical as meditating in mosh holes. Defining introversion Our term is an inward orientation to life, and extroversion (spelled extraversion in clinical and academic literature) is outwardly outward While you may use introversion and extroversion, one of these orientations usually feels more like home—more comfortable, more attractive, and more energized—than the other. Introverts prefer introversion; we tend to gain energy by reflecting and releasing energy when interacting. Extroverts have the opposite preference; they tend to gain energy by interacting and consuming energy while reflecting. INTROVERSION FOR ALL—OR NONE According to psychiatrist and founder of analytical psychology, Carl G. Jung, introversion and extroversion are two opposing forces, or types of attitudes, within a person. Isabel Briggs Myers and Katharine Cook Briggs, who developed the popular Myers-Briggs Type Indicator® (MBTI®), are built on Jung's idea that we all use both attitudes, but introverts are naturally more interested in the world of concepts, ideas, and inner experiences, whereas extroverts prefer to focus on the outside world. The Big Five personality system, which became famous in the 1990s, puts a slightly different spin on introversion and extroversion. Extroversion is one of five traits—the Big Five identified to describe personality. Instead of seeing individuals have both attitudes and prefer each other, the Big Five see individuals have more or less of a trait called extroversion. Each of us falls somewhere along the continuum between the least extroverted and the most extroverted. And although people who fall on the less extroverted end can be referred to as introverts, the word is by no means independent of extroversion. Introversion is no longer in vocabulary. In this single nature model, the term describing extroversion is only reversed to measure introversion. This simplicity of interest, easy measurement, and model has yielded a lot of important research. But something important has been lost. When extroversion descriptors such as talk and exit are reversed, the resulting descriptor for introversion becomes a negatively worded apology: I don't say much and I don't like to draw attention to myself. Introvert Power by Laurie Helgoe PDF Anyone who notices the language can see that associating yourself with negation is like a little and don't be troubled. Mentioning extroversion factors, although the continuum includes introversion and extroversion, to me, is fraught with the same problems that occur when we refer to men and women as men. When we see the word man, we imagine a man, even if we know the adjective is meant to be inclusive. When we see the word extroversion, we imagine an extrovert. When we read discussions about individuals who are less We imagine less. When we don't have a separate language to describe introversion, we stop seeing introversion. Whatever it is. It. not inspired in the image, anything omitted from the biography, censored in the collection of letters, whatever is mis-named as something else, made difficult to come by, anything buried in memory by the collapse of meaning under inadequate language or lying—this will be, not only unspoken, but unspeakeable. —Adrienne Rich, from On Lies, Secrets, and Silence: Selected Prose In Jung's type theory, introversion and extroversion, but they are both worthy in their own right. In contrast to the negations in the Big Five with this MBTI® description of introversion: an interest in the clarity of rea gathered concepts, ideas, and experiences; rely on timeless concepts and experiences more than temporary external events or fleeting ideas; thoughtful and contemplative detachment; enjoyment of solitude and privacy; and the desire to "think things out" before talking about them. Jung believes, and research has confirmed, that there are strong biological components to the preference for introversion or extroversion. Although she uses preference terms, she doesn't believe that people choose the type of attitude they are. Instead, he sees that people generally prefer to act in the most natural way, just as someone with a right hand prefers to use his right hand. But whether you prefer me, or you identify mostly with E, each of us uses and relies on both approaches. Jung writes, Just as high always longs for low and hot to cool, so all consciousness, perhaps without realizing it, seeks the opposite, less that is destined for stagnation, congestion, and ossification. When culture devalues introversion, we lose access to vital life sources, and we all end up feeling a little sick. The way personal growth is supposed to progress, according to Jung, is that we spend the first part of our lives developing the most natural and interesting specialties—introversion or extroversion. Specialization worked well until later in life, when the individual got bored, wanted to expand his reach, and, perhaps with the help of a midlife crisis, began to explore the shadowy side of his personality. Introvert Power by Laurie Helgoe PDF Extrovert finds itself mapping out solo pilgrimages, while introverts gather friends together for weekend trips. Type theory assumes that, although preference remains constant throughout life, early specialization gives people the strength and confidence to branch out later on. But what happens when a young introvert is discouraged or, worse, forbidden from practicing his specialty? The introvert may adapt and act extroverted, but he walks around with a nagging sense of homelessness. He doesn't have to wait. middle-aged gets bored—he's bored! It's hard enough to be in a career that doesn't fit, but for a lot of people life doesn't fit. For many frustrated introverts out there, what is needed is not a step toward extroversion, but as my friend put it, the opportunity to melt into introversion. This book isn't about finding balance—we're really tired of doing that! Additionally, finding balance assumes that we have been allowed to be fully introverted. Introvert Power by Laurie Helgoe PDF We haven't. This book is about embracing the power of introversion. It's about indulging, melting in, drinking, immersing ourselves in the joy, genius, and strength of who we are naturally—and not just at the occasional retreat, but in our lives. Ironically, balance will only come to us if we forget extroversion for a while, and balance will only come to our society when we see and respect the introversion in all of us. BIG LIE Thanks to Jung and his successors, we have the tools to understand this quality. We have personality tests to measure introversion and extroversion. The Myers-Briggs Type Indicator® has produced more than fifty years of data on introversion and extroversion, and since its development in the Eighties, the NEO Personality Inventory has facilitated an explosion of research on the dimensions of the Big Five. Introverted Power by Laurie Helgoe PDF Popular literature has emerged to explain how each of us can understand our personality preferences and use them to our advantage. But lies about introversion are so distinguished in the fabric of our culture that even literature is directed to correct misunderstandings by inadvertently promoting it. The biggest lie is that introverts are in the minority, make up a quarter or a third of the population, depending on what you've read. Any introvert who has done a quick web search, tried to find multiple companies, may have walked throughout and even cited these numbers. But not only are these numbers floating around the Web, they are also repeatedly cited in self-help books many of us use as resources. When I started my research for this book, I wanted to know where this estimate came from. I want to find the research that the books cite. So I went to the source: MBTI®. In the half century since the first MBTI® Manual (© 1962) was published, continued sampling and development of testing by its publisher CPP and an ongoing review of research and literature at the Center for Application of Type (CAPT) has produced a staggering amount of data. Introverted Power by Laurie Helgoe PDF And although the Big Five's personality measures generate additional data, the instrument does not provide a cut-off for introverts of extroverts. So I dug into the current MBTI® Manual (© 2003), a compension that is updated regularly for research on introversion, extroversion, and other personality dimensions measured by MBTI®. I think those who oft-reference minority minorities will appear just above. But what I found was very different. The manual reports the results of the first large-scale U.S. population study of MBTI® frequency. Result? Introverts made up 50.7 percent of the representative sample; extroverts came in at 49.3 percent. The study, the largest to date, was published in 1998. Studies on both sides show the same ratio. Introverted Power by Laurie Helgoe PDF The Manual references a 1996 sample, showing, Introverts are slightly more common [than extroverts] for both sexes. The most recent sample, reported in MBTI® Step II Manual (© 2001), had a 57 percent proportion of introverts to 43 percent extroverts. It took much longer to find the source of the claim that introverts make up only the fourth or third of the population. This estimate was made by Isabel Myers during the formative stages of MBTI®—around 1957. How did we get so far? As much as research suggests otherwise, the belief that introverts are in the minority has stalled. After all, in America, extroversion is what we value. And we see what we value. So we see extroverts everywhere, and we no longer pay attention to introverts everywhere. Sometimes we even miss people looking back at us in the mirror. We might tell ourselves that introverts are naturally less visible than extroverts. These lies are as dangerous and destructive as lies about our numbers. Perhaps a better way to say it is that we are less visible in America. Go to Japan, for example, and, despite the large population, an introverted entrepreneur is more likely to be noticed than a quick speaker. In America, we regard introverts as retractable, quiet and fearful loners. We easily diagnose a preference for looking in as coming from depression, anxiety, or antisocial tendencies. We don't know what the introversion really is, and we interact with introverts all day without realizing it. We got it all wrong. REVIVING YOUR INTROVERSION From a young age, most of us are taught the value of social skills. We learned how to introduce ourselves, how to smile and be polite. We were told to be friendly and make friends. These are all useful abilities to develop. But how many of us are taught the value of solitude skills? How many of us are taught to protect our borders, to cultivate imagination, alone? How many of us are encouraged to withdraw from social activities and nurture the life of the mind? This book is here to provide lost training and support. We'll check how the introversion may have escaped you, how to get it back. We'll deconstruct extroversion assumptions, and see how it manifests in everyday conversations, judgments, and ideas about work and games. When you are freed to reclaim your preferences, you will be amazed at the power you feel. Life will flow in a way that you don't think is possible. You may find find asked: Is this okay? Can things be this easy? When this transformation takes place on an individual level—this simple reclamation of your home—you'll see your world change. I think you're going to love it. Welcome. WHAT'S INSIDE Introvert Power provides an alternative to the extroversion training you've received all your life. As unnatural as extroversion has felt for introverts, we're used to it. Instead of putting a thin coat of introversion on top of a layer of extrovert thinking, Introvert Power asks you to disarm your thinking first and then dip into your original color. The book is divided into five sections, each important for our retraining and the most experienced in sequence. In Part One, Antisocial, Strange, or Displaced?, we take—and separate—the beliefs we have adopted about introversion, along with our culturally determined assumptions about what is healthy. We see a false association between introversion and mental illness, and face our society's taboo against loneliness. You'll meet two introverted styles, represented by Shadow Dwellers and Accessible Introverts, and learn how these styles have evolved in the context of alienating societies. Then we start to see what's real: our numbers, our influence on current trends, and the economic strength we provide. Finally, we will expose the serious flaws of society's mandate to be happier. Part Two, the Introverted Wish List, is a melting down to the introversion section. In these chapters, we will tour through communities that support introversion, then indulge in our desire for personal space, time to think, routine retreats, passionate observations, and real intimacy. While the process may feel like guilty pleasure, we'll see why such pleasure is actually important for introverts and healing to society as a whole. In Part Three, Standing Still in a Harsh World, we move to an area that has been defined by extroversion and see how it brings the introverted tempo into the mix. You'll learn how to make room in a conversation and how to say no to parties—or how to hang out, introverted style. We deal with jobs and people who annoy us. We sort out how to be there for our loved ones while staying true to ourselves. And we face the weakness of introversion, and how to know when we need a window out. The final section, Outing the Introvert, takes us one step further, from introverted restoration to introverted renaissance. We take ownership of our society, rather than apologizing, acting with introverted integrity rather than conformity or indifference, and expressing, in our own way, wealth within us. We consider when extroversion is natural to us and, entirely rooted in introversion, we let go of the defensive stance that once restricted our freedom. We start meditating in mosh holes, and we do, the hole turns into a meditation house; Extrovert slams no longer push us off balance, and rhythms of introversion and extroversion complement each other in new dances. INTROVERT VOICES My voice will always be limited in capturing your personal experience, so I complement my words here with the voice of a diverse group of introverts. I explore introverts in my world, as well as customers to my website, http.wakingdesire.com (see also http.introvertpower.com), and the Introvert Power page on Facebook. A group of voices appeared: a student from Puerto Rico who was filming in his spare time; a minister with a generative mind and minimalist lifestyle; a high school student who gets permission to impersonate twice in his class; sample of accountants, artists, government employees, musicians, conservationists, comedians, health professionals, and writers. These contributors welcomed the opportunity to write their thoughts—extrovert techniques not used in the making of this book—and hit me with their honesty and insight. Many appreciate being asked. The voices of introverted heroes—literary, historical, popular, and less well-known—also enrich the front pages. Regardless of how many introverted perspectives I can give, however, it is your voice that I hope to inspire. Introvert Power by Laurie Helgoe PDF : eBook Information Full Book Name – Introvert Power Author of this Book – Laurie Helgoe Language – English Book Genre – Non-Fiction, Self Help Download Format – PDF Size – 1.0 MB eBook Pages – 205 About the Author Laurie Helgoe, PhD, is a writer, psychologist, part-time actor, and model-and introvert. This is his fifth book. Download Introvert Power by Laurie Helgoe PDF free motivational book Laurie Helgoe Self-Help Non-fiction

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