



NANCY: A very compelling book, a celebration of introverts, but also an exploration of the need for introspection, solitude and working alone. I learned from this book that I'm much more introverted than I thought, and that's a good thing. The author explores this topic in such detail with seven years of work. A good book to return to for information and examples. This hard-working, introverted attorney pleads her case well! It will help you consider yourself and where you fall on the continuum. Introverts especially will enjoy this book.



KATHARINE: I loved her discussion of how we need introverts and how important it is for creativity and idea development to work alone. I think she's right that our society does value extraverts and glittery success way too much. This book calls us back to a better way. Being an academic introvert, I especially appreciate this book and her outstanding scholarship.



PRISCILLA: This book made me think. Like Rick Warren's church and evangelical churches do favor the extrovert approach, but you guys have taught me about the value of silence in the faith journey. We do need to listen to God and others and respect the gifts of introverts in the church.



JANE: Wow! That's deep, Priscilla. I have to admit, I barely made it through the first chapter. I did take the quiz. I'm an ambivert. I love my time as a carpenter, but I also like to party. We're all unique, aren't we? I did listen to her TED talk, though. Some lady. She had to push herself to get out on the speaking circuit. We can change, ladies. Look at us! We know that, don't we?



MOLLY: OK, but I like being an extrovert. It's not all bad to be outgoing and friendly. Part of me gets what she's talking about, but I dislike that it's all about success and selling to be extroverted. Maybe it's all about love. We get rather rambunctious in the African-American community at times and that's a way we have fun. I think she's only telling one side of the story.



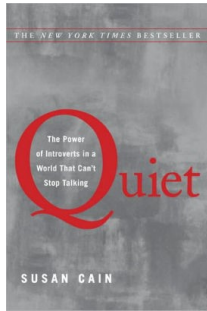
ABIGAIL: Yes. Yes. Yes. This book. It took a long time to read, but I identified with the author and saw myself in new ways. Now I can celebrate my innate introversion. I've always been that way and a lot of times, I've felt inferior. Now I can see the value of being this way. This is a self-help book for people like me.



SALLIE: Well, I agree with Molly. But what I found compelling was the discussion of nature vs. nurture. As a teacher, you just know that kids are very different. Their environment, their genes, my classroom — all shape them. It's complex, interwoven. A very thoughtful book. And then there's the discussion of brainstorming. Darn. I like brainstorming. I didn't realize it stifles creativity.



Discussion Guide



About the Book

Book Title: Quiet: The Power of Introverts in a World that Can't Stop Talking

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Questions for Discussion

1. What were your general impressions of this book?
2. What did you learn about yourself when you took the short survey to see if you're an introvert or extrovert? Did your results surprise you? Why or why not?
3. What do you think of Dale Carnegie? What did you learn in this book about the role of Dale Carnegie in the American economy? What is your take on this?
4. The author makes a case for introverts in this book. What is the power of introversion? Do you have this power? If so, how do you use it?
5. "Whether you're an introvert or extrovert determines if you like small talk." How do you feel about small talk? Do you think it determines what type of person you are? Why or why not?
6. "In Western cultures, extroverts are often presented as the ideal of success." True or false? How would you describe success? Does extroversion matter?
7. "Companies should adapt their workplaces to let introverts make their best contribution." True or false? Why or why not? If you think this is a good idea, what are some takeaways from this book on how to do that?
8. Read over the MAMs comments on the book. Which of them do you most agree with and why?
9. In what ways, if any, will this change your life or perspective?

On YouTube: Susan Cain | Introverts: What You Need to Know (4: 38),
Faking it: How introverts succeed (2:14),

Susan Cain TED Talk The Power of Introverts 2012