

## [INTROVERT TO EXTROVERT BOOK](#)



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The Introvert Advantage by Marti Olsen Laney, Psy.D. This is another great book for introverts who want to utilize their unique strengths to succeed in all areas of life. It dispels some of the common myths about introverts and offers advice on building healthy relationships, parenting without losing your mind, socializing without wearing yourself out, and working in an extroverted environment.

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How to Go from Introvert to Extrovert In this Article: Understanding Introversion and Extroversion Getting Outside Your Comfort Zone Handling Interpersonal Relationships Community Q&A Like many other things in life, your personality is complex and falls along on a continuum.

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This does not mean that the average introvert wants to be alone all the time. Many introverts love spending time with friends and interacting with familiar people in social situations. The key thing to remember is that after a long day of social activity, an introvert will probably want to retreat to a quiet place to think, reflect, and recharge.

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Take this quiz to find out where you fall on the introvert-extrovert spectrum. Answer each question True or False, choosing the answer that applies to you more often than not. 1.

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