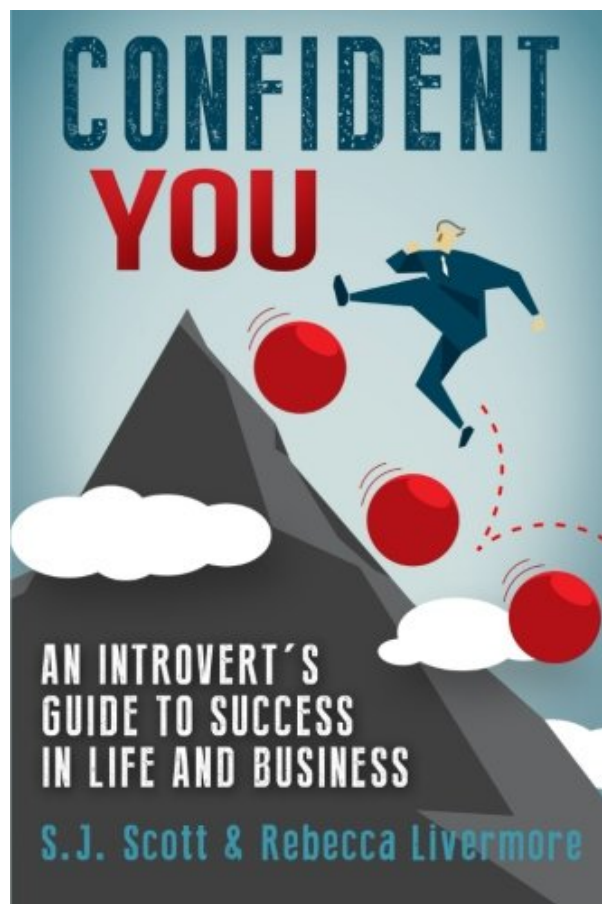
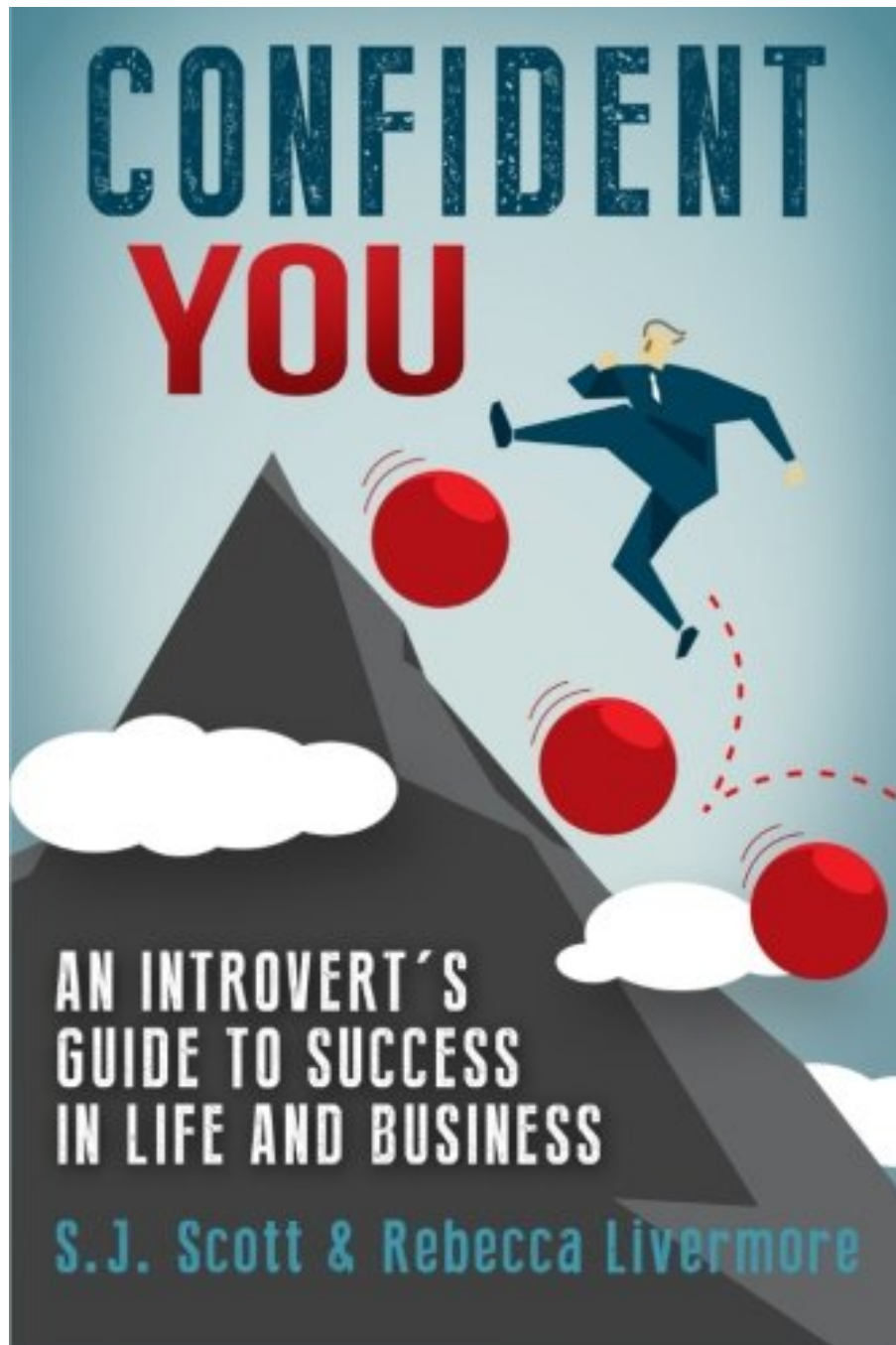


CONFIDENT YOU: AN INTROVERT'S GUIDE TO SUCCESS IN LIFE AND BUSINESS BY S J SCOTT, REBECCA LIVERMORE



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PDF

How to Succeed in an Extroverted World (Without Changing Who You Are)

Being an introvert can be frustrating... The world applauds extroverts, so it's easy to feel left out in the cold. As an introvert, you know it's important to be outgoing, social and a good leader, yet these behaviors don't seem natural.

The truth is that success in life often comes down to how well you sell yourself. This means behaving in a manner that doesn't seem congruent with what's inside. In simple terms, the world around us requires introverts to behave in an extroverted manner.

LEARN:: How to Harness Your Introverted "Powers"

Introversion can be a good thing. Without introverts, society would be full of outgoing and social people but a lot fewer artists, analysts, scientists, doctors, writers, engineers, and designers. On the other hand, the world often celebrates and rewards extroverts, often leaving introverts out in the cold.

Instead of trying to make you an extrovert, the goal of "Confident You" is to help you capitalize on all the positive aspects of being an introvert, while helping you overcome the less positive aspects of introversion.

DOWNLOAD:: Confident You - An Introvert's Guide to Success in Life and Business

"Confident You" provides 15 strategies to help you become more extroverted in business and social situations.

You will discover:

- A 10-Minute Test That Identifies Your "Type" of Introversion
- Simple Lessons from Famous Introverts
- How to Deal with a Lack of Confidence (or Shyness) in Social Situations
- The Secret to Making a Good First Impression
- How to Have Your ACCOMPLISHMENTS Recognized at Work
- The Best Ways to Nurture Relationships with Extroverts
- Unique Leadership Qualities of Introverts
- How to Engage in Small Talk That MATTERS
- 4 Ways to Overcome the "Dull Perception"

You can thrive in a world that prefers extroverts. All you need is an action plan for social situations at work and in life.

Would You Like To Know More? Download now to learn how to become more confident and successful introvert.

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- Binding: Paperback
- 118 pages

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14 of 14 people found the following review helpful.

Hold the Phone, Grab the Book!

By Steve Coombes

I'm a "closet" introvert, which means I can interact well with others, even getting on stage or teaching isn't a problem for me, but I often prefer isolation and have to work at being outgoing in group settings. I have to say much in this book resonated with me right off the bat. Especially one part about feeling like every phone call seeming to be like an interruption. That sounds exactly like me!

In *Confident You*, Steve and Rebecca help you identify which of 8 different introverted personalities you may have... then showcase 15 different challenges you likely experience based on your introverted personality. But they don't stop there. For each challenge you get specific, actionable advice in an easy, short read to help you master those areas of your life.

What I really appreciate most about this book is the authors don't try to change you. Instead, they take who you are and help you make the most of your existing personality. Every introvert can benefit from a read of this work!

Forgot to add... definitely take the free personality test the book points to. I'm INTP which is right on the mark!

10 of 10 people found the following review helpful.

A PROVEN SYSTEM FOR SUCCEEDING AS AN INTROVERT!

By Scott B. Allan

I've read most books by Steve Scott, especially the *Habit* books, mostly because I love the topic of habits. But this book was different. As an introvert struggling in a world that values online relationships, joining groups, and staying active to maintain popularity, I find myself time and again constantly struggling to keep up with looking like I'm "social". "*Confident You*" is the book I had to read; as I started to skim the first few pages, it became a necessity. If you are an introvert like I am [and Steve Scott, an introvert? Had no idea] then this is the book you need to read. Forget about being entertained; this book will change the way you feel about YOU.

It was such a relief to be told from the very beginning that is okay to be an introvert; and that the aim of the authors is not to change you, but to help us introverts to adapt and function with confidence in a world that praises and rewards extroverts. Scott and Livermore also state that "You can't magically transform into an extrovert since introversion is part of your makeup. Introversion isn't a type of illness you need to be cured

from." That's great to know.

In reading this book, it is obvious that Steven and Rebecca, in addition to drawing on their own emotions and experience of being introverts, did the deep research to cover the topic in depth. As I was reading this I found myself shaking my head saying, "Yes, that is exactly it." or "They just described how I feel 90% of the time."

Here is what I found to be the "Golden" topics in this book:

1. Creating a positive first impression
2. Making small talk
3. Learn to ask others about themselves
4. Talking on the phone [a fear most introverts deal with]
5. How to build better relationships
6. How to avoid being pushed around
7. Ways to contribute to working in teams
8. How to step out of the background and get noticed
9. Getting along with extroverts

The book is organized in a very clear, easy-to-follow format where the authors describe the challenge faced by introverts, and then they provide the solution to it. The result is a book with very clear steps that defines the problem, and then presents the solution. I believe that all introverts, or people who struggle with insecurity, social problems, or shyness will gain a tremendous amount of help by reading this. You can apply the action steps right away and come away with some great results and lasting change.

5 of 5 people found the following review helpful.

Get it - you're not the only introvert in the world...

By Michael Nichols

As a "recovering" introvert, I've needed this book my entire career! It helped me 1) understand I'm not the only one who deals with these challenges, 2) gave me real solutions that I could implement immediately, and 3) gave me permission to be me! Get it!

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