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### **Introvert Power: Why Your Inner Life Is Your Hidden**

Introvert Power is a self-help book about celebrating your introverted identity and recognizing its strengths, instead of trying to be more extroverted and running out of energy, or becoming a hermit - the typical introvert responses to social overstimulation. The title is very appropriate - it's a very empowering message for introverts.

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Introverts gain energy and power through reflection and solitude. But the pressure to enjoy parties, chatter, and interactions can lead people to think that an inward orientation is a problem instead of an opportunity.

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