



# Quiet: : The Power of Introverts in a World That Can't Stop Talking by Susan Cain | Summary & Analysis

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This review of Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain includes a detailed summary of the book's main themes followed by an analysis. Quiet offers an expansive view of introversion on individual, social, national and institutional levels. The author draws on personal experience and interviews with other introverts as well as support from psychology, neural imaging and genetic research.

The book is organized into four parts. In part one the author describes the rise of the "Extrovert Ideal" in American culture and the impact this has had on introverts. The second part explores the nature-nurture debate relative to the introvert/extrovert scale and the capacity to effect change on this temperament spectrum. Part three investigates the national trends in terms of the spectrum, with particular focus on Asian nations in comparison with the West. The final part of the book focuses on practical strategies for success in school, business, and romance.

Susan Cain received her Bachelor degree in English from Princeton University and her law degree from Harvard Law School. She has worked as an attorney and as a negotiations consultant. Cain's work on introversion has appeared in Time, the New York Times, Psychology Today, and O Magazine. She was also an invited speaker at TED2012.

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