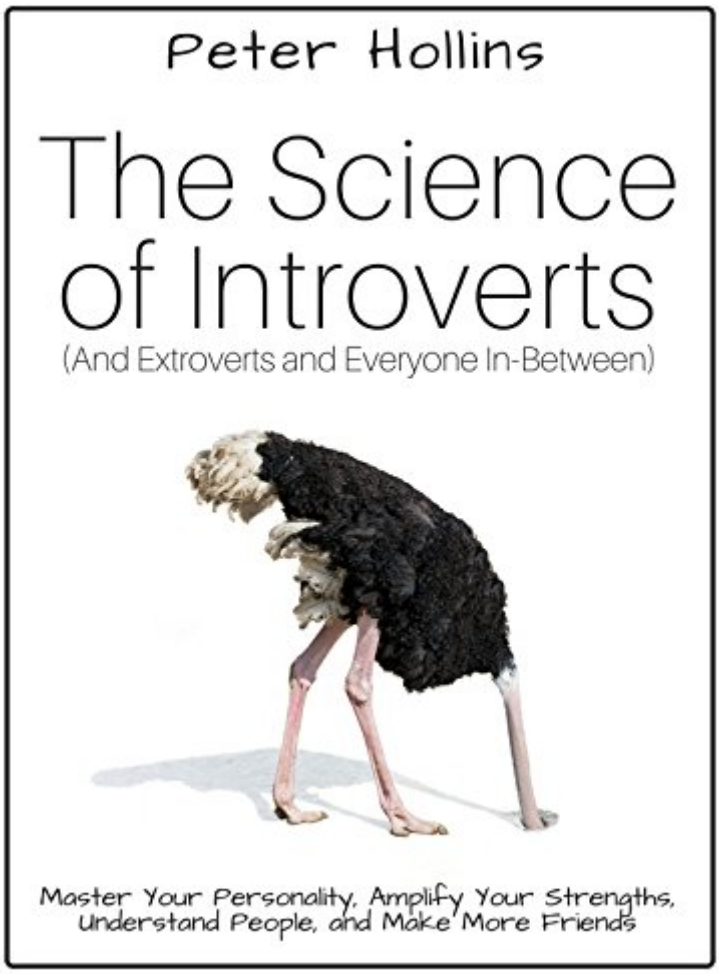
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The Science Of Introverts (And Extroverts And Everyone In-Between): Master Your Personality, Amplify Your Strengths, Understand People, And Make More Friends




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Synopsis

Discover the hidden causes and motivations behind your entire personality. Stop trying to impersonate someone youÃ¢â ¬â„¢re not.We throw the terms introvert and extrovert around constantly, and use them to label ourselves and everyone we know. But do we know what they really mean? How are different personality types created, and what really drives our actions on a daily basis? The Science of Introverts (And Everyone Else) will uncover everything you never knew about yourself and others, and will teach you how to take advantage of who you are and capitalize on your unique strengths. Feel comfortable in your own skin.Think of The Science of Introverts (And Everyone Else) like the most actionable, applicable, entertaining, and interesting textbook youÃ¢â ¬â„¢ve ever come across. It is filled with breakthrough and fascinating studies regarding introversion, extroversion, and personality in general -- and the lessons we can take and use to enrich our lives and feel more comfortable in our unique identities. Never before has a book provided such a journey of self-discovery and practical knowledge.Analyze, read, and innately understand others. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. HeÃ¢â ¬â„¢s also a massive introvert Ã¢â ¬â œ this book is written for introverts by an introvert.Expertly calibrate your social presence.-An insightful analysis into three major personality types.-The social, physiological, and psychological differences and how they effect us.-The role of personality type in romance and love.Learn how to thrive socially no matter your personality.-How to cultivate more happiness.-An action plan for introverts.-How to harness your personality type for success.Understand your identity; connect with anyone.Uncovering what really drives and motivates you is extremely important to living the life you want. When you can understand what is pulling you in different directions, you can change things at the root and live with clarity. YouÃ¢â ¬â„¢ll learn to interact with people better and more easily because youÃ¢â ¬â„¢ll understand them. Social success is yours for the taking.Understand yourself and create the life you want TODAY by scrolling up and clicking the BUY NOW button!

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Customer Reviews

The Science of Introverts by Pete Hollins is one of my favorite reads of 2017. Okay so it’s only July but it’s my list, so nah nah.If you haven’t taken a look at the look inside preview, here is a rundown of the contents of the book:Chapters 1-3: How each personality type functions and thinksChapters 4-6: The roots of the differences that lead to different personality typesChapters 7-11: How different personality types play out their lives in different ways, like happiness, romance, career, etc.Chapter 12: A helpful guide for introvertsI can’t remember the last time I read summaries of so many scientific studies, probably not since graduate school. But this wasn’t boring in the least, as they were all highly specific in making a point or educating. It wasn’t a dry recitation of facts, it was a free flowing discussion that integrated science as the backdrop.Overall I would recommend this book if you have even a passing interest in personality types. I suppose that could extend to horoscopes, astrology; anything that causes you to be interested in why people act the way they do. At least, that’s what I got out of it. Thanks.

It seems like there are three sections of this book: the types of personalities, then brain chemistry and biological differences, then the implications of those differences and how they impact our lives. What do I have to say about all of this?Welp, seems about right to me! Which basically means I

pretty much agree with everything because I have seen it with my own eyes and felt it. I've felt in the middle of the spectrum, and I have also known the feelings on the extremes of intro and extroversion. My personality has shifted a bit since I have grown older, for good reason.This book is for people just want to understand people and themselves better, simply. It is an excellent book on the topic in general and I have highly recommended it to my friends.

Some chapters read like I wrote them myself! A testament to how accurate and detailed it was, which I think was a combination of the author's own insights as an introvert and a bunch of studies that were new to me.This is just such a great primer on the subject because it is so wide ranging. It doesn't just talk about how introverts don't like parties or other truisms, it talks about the biological reasons why, what to do about it, what to do instead, and even how they can change themselves.The last chapter is especially valuable for an action plan for introverts to be more social in the way that they can tolerate. If you like psychology, science, learning about yourself, and useful tips, this book is for you.

Hollins presents an in-depth breakdown of the origins of the most popular and widely known personality types, from the biological differences to the real world implications they have for all of us.Personally I identify as an extrovert but still found plenty of helpful tips in the book because it's not so much a book about differences, it's a book about people, and I easily recognized myself in quite a few of the chapters. I always appreciate when authors take the time to do their research and cite relevant studies that give weight to their words and that is what I have found from Hollins' book.He gives a thorough overview of the types, and how to manage life better in just about every respect. Love and romance was an especially interesting read. In any case 5 stars.

Fascinating breakdown of what it means to be an introvert and extrovert and whatever else you might identify as. Cool to see my experiences pretty much line up with the current research on the matter, definitely including how I approach social situations and how I occasionally feel like I can switch myself on depending on the motivation.I also learned maybe I should take it easy on the caffeine... lol... well, good luck on that one!

cool! liked learning about myself and my significant other who is the complete different type from me. if there is anything that can improve relationships it is understanding that not everyone thinks the same as you lol even if you feel super correct.the line about not trying to be someone you're not

really hit home. lovely book and i feel lucky i picked it up. 5 stars.

ÃƒÂ¢Ã â ¬Ã ËœThe Science of IntrovertsÃƒÂ¢Ã â ¬Ã â„¢ is a book about every personality type which promises every reader the significance of self-realization and healthier socialization. The author clearly depicts the characteristics of an introvert and the reason behind being so. The book gives a clear action plan on the ways to overcome the uneasiness of being an introvert. This scienti-psycho book is quite an interesting one and I strongly recommend reading it.

Perfect read about the science of introverts. In this book, you will uncover everything you never knew about yourself and others, and will teach you how to take advantage of who you are and capitalize on your unique strengths. Recommended.

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