



The Secret Lives of Introverts: Inside Our Hidden World

Jenn Granneman , Adriianne Lee (Illustrator)

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An introvert guide and manifesto for all the quiet ones—and the people who love them.

Is there a hidden part of you that no one else sees? Do you have a vivid inner world of thoughts and emotions that your peers and loved ones can't seem to access? Have you ever been told you're too "quiet," "shy," "boring," or "awkward"? Are your habits and comfort zones questioned by a society that doesn't seem to get the real you? If so, you might be an introvert.

On behalf of those who have long been misunderstood, rejected, or ignored, fellow introvert Jenn Granneman writes a compassionate vindication—exploring, discovering, and celebrating the secret inner world of introverts that, only until recently, has begun to peek out and emerge into the larger social narrative. Drawing from scientific research, in-depth interviews with experts and other introverts, and her personal story, Granneman reveals the clockwork behind the introvert's mind—and why so many people get it wrong initially.

Whether you are a bona fide introvert, an extrovert anxious to learn how we tick, or a curious ambivert, these revelations will answer the questions you've always had:

- What's going on when introverts go quiet?
- What do introvert lovers need to flourish in a relationship?
- How can introverts find their own brand of fulfillment in the workplace?
- Do introverts really have a lot to say—and how do we draw it out?
- How can introverts mine their rich inner worlds of creativity and insight?
- Why might introverts party on a Friday night but stay home alone all Saturday?
- How can introverts speak out to defend their needs?

With other myths debunked and truths revealed, *The Secret Lives of Introverts* is an empowering manifesto that guides you toward owning your introversion by working with your nature, rather than against it, in a world where you deserve to be heard.

The Secret Lives of Introverts: Inside Our Hidden World Details

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From Reader Review The Secret Lives of Introverts: Inside Our Hidden World for online ebook

Allison Anderson Armstrong says

I finished it against my will, but hated almost every second of it. This is a book that justifies and glorifies the "introvertiest" of introverts by explaining how introverts think, feel, and act and why they don't need to try to "change" themselves to become more extroverted. It drew a lot of generalizations and didn't try to encourage introverts to become better or less like themselves - I think that's what we all need to hear - be what you aren't as much as possible (within reason) and that will help you to mature and become more well rounded. This is the message I was hoping would come through, but never did.

Frank says

I listened to this on hoopla. Meh, 2.5 stars and I'm an introvert. I really enjoyed the first 25% or so of this book but then it fizzled. The reason for this was it was most likely written for a younger audience. The advice given in the bulk of this book is probably very useful to younger introverts, and it likely would have come in handy to me in my teens or early twenties. But as an introvert skulking around in the world for over a half a century most of it didn't apply.

My biggest turnoff was the use of quotes of fellow introverts taken from the author's website. They came across as complaining and whining to me most of the time.

Overall, if you are a young introvert or know someone who is, this book is worth reading.

Schizanthus says

Not to brag or anything but my platinum *Introvert* membership card was recently upgraded to diamond status by scoring 100% on Jenn Granneman's signs I may be an introvert. You're more than welcome to join our club. We meet in a quiet coffee shop that's closed to the general public during our meeting once every blue moon when all three of the people of our offshoot of the organisation hasn't already had too many meetings or been peopled out that week. Actually, you're more likely to find us at home reading or Netflix and chilling (although chances are we are **really** binge watching and relaxing) and texting you.

Famous introverts are listed in this book and include J.K. Rowling, Felicia Day, Audrey Hepburn, Dr Seuss, Ernest Hemingway and Steve Wozniak, so if you've ever had introvert shame, throw it off and know you're in excellent company. If you're not sure if you are an introvert, some of the following may be signs that you are:

- * "You do your best thinking when you're alone"
- * "You often feel lonelier in a crowd than when you're alone"
- * "You're better at writing your thoughts than speaking them"
- * "You avoid small talk whenever possible".

If you're not an introvert yourself then I'm sure you know one. We're the blur you see escaping social events

after our social meter maxes out. We're the ones who will be incredibly passionate and talk with you at length if you've managed to navigate your way through the labyrinth, cross the disintegrating rope bridge suspended above the lava lake and scale the mountain past the dragons to reach our inner core of trust. If you'll failed to make your way into our inner friendship sanctum then we will most likely struggle to provide a coherent one word answer to your questions. Or maybe that's just me??

Jenn's message to the world is that it's **okay** to be an introvert. I've personally celebrated my **introvertism** **introvertness** superstar introvert powers for many years, despite the extrovert evangelists surrounding me telling me I wasn't good enough, chatty enough, smiley enough, basically any kind of enough. Seriously, they were actual evangelists, pastors even, who loved to tell me in great detail how much I sucked because I didn't fit their mould. Needless to say, they're happily hanging out in their mould and I broke away from their **abuse** abuse (yep, claiming it for what it was) and I've never been more at peace with myself than I am now. I definitely don't see horns on every extrovert's head. This is just an example of what doesn't work if you're an extrovert trying not so subtly to convert an introvert.

In *The Secret Lives of Introverts* Jenn Granneman takes us on a journey into the minds of introverts everywhere and shines a light on what makes us tick; in our mind, in the workplace, as lovers and friends. We learn that we are even different to extroverts on a neurochemical level. Common misconceptions are myth busted, our strengths are celebrated, and we're taught how to turn our weaknesses into attributes that work for, not against, us. Yet this book isn't just aimed at introverts. There are specific sections throughout the book that explain to extroverts why we behave in ways that often baffle them and how they can champion and understand us.

I'm one of those people who practically hiss when labels are thrown about but in this book the introvert/extrovert labels are used to explain, not condemn, and it's made clear that we all sit along a spectrum. No one is completely one or the other. Carl Jung is quoted in the book as saying, "Such a person would be in a lunatic asylum."

My main complaint with this book was that I got sick of hearing about *Introvert, Dear*, the author's blog/online publishing platform. I would have much preferred for there to be a disclaimer at the beginning of the book saying that all quotes, mentions of articles and surveys were from this source unless otherwise stated.

Instead it sometimes felt like I was going to read somewhere on each page, "in an *Introvert, Dear* article" and it started to bug me so much that it got to a point where I wondered whether it would have been more useful for me to visit there to pick and choose articles and areas of interest rather than read the book. I got over my annoyance and decided to make it a game instead, like *Where's Wally?* except it was *Where's Introvert, Dear?* Perhaps I should have made a rule that allowed me to have a piece of chocolate each time I found the magic words ... ???

I found there were some chapters that didn't relate to me or no longer do and it seemed sometimes that the book was aimed at people who are working or in a serious relationship for the first time. However, even the chapters that didn't personally apply to me still held my interest. I'm a sucker for books referenced in other books so I loved that and now have a list of follow up reads to explore.

I received a copy of this book from NetGalley (thank you so much to NetGalley and Skyhorse Publishing for the opportunity) in exchange for honest feedback.

Aaron Caycedo-Kimura says

Jenn Granneman's *The Secret Lives of Introverts* is a book for everyone, introverts and extroverts alike. From the first embrace of chapter one, introverts who have endured the pain of feeling out of place, inadequate, or outright weird, will feel remarkably understood. Jenn shows introverted readers how to "begin working with [their] introversion, rather than fighting against it" through invaluable advice for a variety of life situations. And extroverts will learn secrets to better understand and relate to the introverts in their lives. With up to 50% of the population being introverted, every extrovert is likely to have at least one in their relationship circles. Jenn's warmth and exceptional ability to connect with her readers makes *The Secret Lives of Introverts* an enjoyable, validating, and encouraging must read. I love this book, and you will too!

roxi Net says

Coming to terms with being an introvert was fairly easy for me, however I was completely sure what it actually meant on life-terms, and I think this book is fairly spot on. I was surprised to find information on how to find the right "partner", introvert-levels, choosing the right career, etc. I appreciated the high-level/detailed explanations (as well as the quizzes and illustrations), and while I'm not sure how it would be to handsell, I can see how it would be a resource for those who want to understand what it means to be an introvert.

Clara says

As an introvert who falls to the far left on the introvert-extrovert continuum, I wish I'd had this book to read when I was a teenager. Susan Cain's *Quiet* struck like a lightning bolt, with its research-based view of introversion as a strength, not a liability. Granneman's book adds the voices and experiences of introverts as they navigate a world in which extroversion is perceived as the norm, and introversion an unfortunate characteristic to be overcome. Hearing how these individuals come to terms with the well-meaning misperceptions of others and gain a new appreciation of their differences is a validating experience for any introvert.

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Ashley (5171MilesBooks) says

See full review and many others at: [5171 Miles Book Blog](#).

Since reading Susan Cain's Quiet a few years ago, I've been eager to learn more about the topic of Introversion. The Secret Lives of Introverts: Inside Our Hidden World, written by Jenn Granneman, the creator of the site and community Introvertdear.com boasted a unique look on the subject that I've been unable to experience through any of my previously read books. I enjoyed the facts and personal accounts of other introverts, as well as the incredible organization of this book. Out of the three books I've read about Introversion, I think this one would be most beneficial to Extroverts looking to understand their quiet peers or family members. The science of Introversion is thoroughly explained, without being boring or too highbrowed to understand. Introversion is simply a temperament that cannot be changed, it's not something many of us can "get over" or shuck to fit in with the Extroverted world. I hope that we can become more accepting and understanding of introverts in our society, especially in American culture. When possibly over half of all people are Introverted, it seems absurd that many of us grow up feeling misunderstood or like outcasts. I hope in coming years through understanding and education from books like The Secret Lives of Introverts, we are able to break the stigmas that many of us face.

Over time, I have found the author's website and Facebook pages helpful in discovering more about my personality type and those of my family and friends. Based on my knowledge of the types of articles included on the Introvert Dear website, I knew this book would be a hit for myself and others looking to expand their knowledge on the subject. Opportunely, Sabrina and I were able to do a bit of beta reading for this informational book before it's release, making me more eager to read the finished product.

Though I have luckily found a fellow Introverted partner in my husband, many Introverts struggle to find that special someone. Despite being married, I found the chapters on dating and relationships to be exceptionally encouraging for those still looking for their match. I think the information in these chapters could be useful in boosting confidence and offering practical advice for those facing the difficulties of dating or meeting people. This was something I hadn't been able to find in previous books I've read, making this text exceptionally useful.

For those of us in relationships, there is a chapter offering relationship advice and troubleshooting for the partnerships we are in. I especially enjoyed the inclusion of explanations about the benefits and challenges of being in an introvert-introvert relationship as well as an introvert-extrovert relationship. The three relationship chapters were the most useful, in my opinion, because this information is often overlooked in many books or online forums.

As I was finishing up my reading of The Secret Lives of Introverts, I was even able to discover one of my own quotes made it to the chapter about our hidden worlds. I had no idea my quote was featured, among those of other introverts, until I read and re-read that specific page, thinking, "Hmm...that sounds like something I would say." I could barely contain my excitement when I realized the "Ashley" mentioned was, in fact, me! Thank you, Jenn, for finding my hidden world useful enough to mention.

I think people from all walks of life, whether introverted or extroverted will be able to find solace, understanding, or useful information within the pages about the benefits and challenges of being an introvert. If you're wondering about your own temperament and personality, be sure to pop over to

16Personalities.com and take the Myers-Briggs test to open the door of self-discovery. If you're like us, and eager to learn more about the mind's inner workings and the science of personalities, please make certain you pick up this book!

??Jülie ? says

Review to follow soon...

Tara says

Can relate so well... nails it!

Jewel says

Actual rating: 3.5 stars

Review link:

<https://foxynerdyrebelle.wordpress.co...>

As an introvert, I found "The Secret Lives of Introverts" an enjoyable read. However, I have already read several books about introversion, so I didn't learn many new things. There were several beautiful quotes that I found relatable though. Many fellow introvert experiences also tugged at my heartstrings. Lastly, I think that readers who are into self-help would appreciate that Jenn Granneman included many detailed tips for both introverts and extroverts in different situations.

Amalia Gavea says

I knew the meaning of the word "introvert" from the age of 10, when my teacher told my mum what she already knew. I was an introvert and this helped me write beautiful compositions. The definitions and characteristics Jean Granneman uses to describe the different types of introverts are spot on and I could easily identify myself with many of the examples she mentions.

She writes in a simple, clear language that is a combination of scientific results and well-composed explanations for us, laymen. She covers the fields of education, socializing, how hard it is to find some quality alone time when we have to balance job responsibilities and social life and the only thing we want is to sit quietly and stare into space, alone with our thoughts. I enjoyed her honesty. Granneman and the people to whom she gives voice are honest, never self-indulgent. They don't glorify being an introvert, they don't condemn extroverts to Hell. They tell it like it is. Being an introvert or an extrovert is perfectly natural, like being right-handed or left-handed. There is no right or wrong, it is the way we are. Even in sensitive topics like dealing with relationships, both romantic or work and family related, she provides advice without being

dogmatic. I appreciate that because in similar cases, I have noticed many authors acquiring a voice that shows how full of themselves they are.

What moved me and made me angry with frustrating remembrance was her chapter concerning children at school and during the learning process. Personal story alert! Most of my teachers in high-school were good people and adequate professionals. Especially those who were teaching subjects related to Literature and Languages. My math teachers probably thought I had no idea what I was doing but they were kind enough not to show it. Out of all the teachers, they were two that have stayed with me, for very different reasons. One taught me to stay true to myself, the other made me determined to send those who want me to change to....well, you get the point.

There was a male teacher, a seemingly polite man who used to teach Ancient Greek, turning everything into a show. He would read passages from Sophocles and Euripides in a boisterous voice, making grand gestures. Problem was that he was awfully sarcastic to any student whom he considered wrong and incapable to understand what he thought was right. So I was afraid to raise my hand and I didn't, even though I knew the "correct" answer. I always got the best results in tests and projects but for him I was inadequate because I didn't "participate". Yes, he used that word, exactly as I tell you. A year later, a second teacher, a lovely woman with whom I am still in contact, told me to stay true to myself and work in any way I saw fit, in any event of my life. And when my time came to enter the class as a teacher, I vowed never to tell a child to "participate more". When parents come and tell me that their treasure is so "quiet", I always reply "yes, isn't he/she lovely? He/She reminds of myself." And this ends the discussion. I know that they know.

Jean Granneman's book must be read by everyone. Introverts will recognise many key moments of their lives and extroverts will discover that we don't need to change, we don't want to. We're not all the same. I dare say that this book will make any worried introvert a little more confident, a little less self-conscious.

This review goes out to Mrs. Delli for all her encouragement. To the other one... well, pity that Epidavros lost such a great actor... Except not!

(....I've been waiting 17 years to be this mean, hi hi!)

Many thanks to Skyhorse Publishing and Edelweiss for this ARC in exchange for an honest review.

Agnes says

I wanted to love this book and parts of it I really did enjoy, especially the beginning and the end. But there were some parts that I just couldn't stay awake reading and just glanced over. For a young person who thinks they're less than because of their introvert qualities I think this would be a good book. But for someone like me who's falling in love with her introvert qualities and looking for more of a here's why your introversion is your superpower - this is not it.

Martina says

Given the abundance of literature and online interest the topic of introversion is currently generating, it is not

easy to write about it in a non-predictable manner. I always enjoy broadening my knowledge on the subject, since it helps me to manage my own life a lot, but I surely wouldn't spend my time on just anything introvert-related. Also to be honest, Susan Cain's seminal book *Quiet* is a nerdy masterpiece that I find very hard to rival.

So what new does Jenn Granneman bring to the table? Being a frequent reader of *Introvert, Dear*, an online community that she started out of her personal blog, I knew that I could expect mostly practical approach towards all the challenges that life throws to us introverts, i.e. having to explain our weirdness of being quiet and low-key, troubles processing and communicating our thoughts, demands in the relationships, school and workplace and so on. Jenn manages to navigate through all this quite elegantly and in a very concise readable manner, while putting in some of her personal experience in a very non-obtrusive way along with testimonies from her readers, friends and experts. It is easily a book that you can enjoy and also refer back to later if it feels like you need to focus on a specific area that might be problematic to you.

Since I could easily tick off the practical aspect of the book, I was mostly touched by Jenn's empathetic approach. She writes like a caring and understanding friend who is giving advice to anyone who struggles. Thankfully, it is done without glorifying introversion over extroversion, but rather by noting the simple pros and cons of everything and calling out to possible pitfalls in every situation. She is able to recognize strength in a perceived weakness, therefore her writing is full of positivity and doesn't get judgemental. I think her mission to prevent introverts from feeling depressed and lonely merely because of their temperament is rather a success. So, the world should only be grateful that Jenn stays at home on a Friday night like a weirdo, if that makes it possible for her to write things like this.

Rhonda Lomazow says

An honest open real look at what it means to be an introvert. How introverts can seem outgoing or called aloof no cookie cutter format. One thing introverts have in common needing time alone most would be happier staying in on a Saturday night reading a book or watching a movie then go to a party. All introverts will find themselves portrayed in this book. Anyone looking for the meaning of introversion Grab this book. Thanks at Net Galley for an early Galley for honest review.
