



The Irresistible Introvert: Harness the Power of Quiet Charisma in a Loud World

Michaela Chung

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Learn the tools to shed your mask of extroversion, develop your own magnetism, and reveal the true you.

One third to one half of Americans are introverts in a culture that celebrates—even enforces—an ideal of extroversion and a cult of personality. Political leaders are charismatic, celebrities bask in the spotlight, and authority figures are assertive. It is no surprise that a “quiet revolution” has begun to emerge among the “invisible” half of the population, asserting that they are just as powerful in their own unique ways.

The Irresistible Introvert embodies the spirit of this revival and breaks down the myth that charisma is reserved for extroverts only. This mini manifesto shows introverts how to master the art of quiet magnetism in a noisy world—no gregariousness required! Within these pages, you’ll discover how to shed the mask of extroversion and reveal a more compelling (and authentic) you. You’ll also learn how to:

- Master the inner game of intrigue
- Manage your energy for optimal engagement
- Create an emotional ecosystem for charisma
- Establish introverted intimacy
- Cultivate communication skills for quiet types

As a “professional” charismatic introvert, author Michaela Chung demonstrates that you no longer have to forcefully push yourself outward into the world against your nature, but can rather magnetize people inward toward the true you. In the process, you’ll learn to embrace your “innie life” and discover potential you never knew you had.

The Irresistible Introvert: Harness the Power of Quiet Charisma in a Loud World Details

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From Reader Review The Irresistible Introvert: Harness the Power of Quiet Charisma in a Loud World for online ebook

Bookworm says

A mini-manifesto for introverts. Introversion has become a bit of a "thing" lately. It's okay to want to spend time by yourself or not want to go to that party or need some downtime after hanging out with friends. Author Michaela Chung is presenting a "mini-manifesto" (as it says on the back cover) for introverts.

Overall it's a standard introvert introduction book. What it is, how we cope, how to handle situations like dating, work, communicating with friends, why we like to talk on the phone, etc. If you're already familiar with introversion, this is probably not very new stuff. If you're new, it might be a total eye-opener.

While I went into this knowing I'd probably know a lot of the material, I wasn't impressed. It's less of a self-help book and more of her own personal thoughts (the "manifesto" part). Some people would probably enjoy this style. Personally it bores me. I liked that it was not as dry and academic as say Susan Cain's 'Quiet' book but I never felt the author's voice really came through and compelled me to keep reading.

For the right person, though, this might really speak to them. It's not a long read and I couldn't help but think this could really work for a high-schooler or someone about to go off to college. Which is not to say someone older couldn't get something out of it (probably not younger than high school though), but it just seemed like perhaps a good going away gift or for a young adult who is trying to figure him or herself out personality-wise.

For an introductory book I personally recommend 'Success as an Introvert For Dummies' (yes, it's part of the 'For Dummies' series but it's a really good basic text if you're completely unfamiliar with introversion) or 'The Introvert Advantage'. This book could be a good compliment to either one but I personally wouldn't recommend it as a stand alone. That said, I also wouldn't rush to read this book if you're already familiar with introversion. Borrow from the library or buy it super cheap.

Marissa says

Two things first: the title will make you expect a more traditional self-help book. And it was helpful, just not in the way I expected. Reviews criticize Chung for using too many anecdotes, but they served to illustrate thought processes I felt alone in. Secondly, look elsewhere (like Susan Cain's Quiet) if you want a more complete scientific and social assessment of introversion. Chung's is more specifically about the emotional angle to introversion, so it resonated with me personally. I was so stunned by how deeply it affected me. It brought me to tears.

Story Circle Book Reviews says

I'm finding the word "irresistible" a tricky word to spell. Being an "irresistible introvert" though is much easier and even more enjoyable since reading Michaela Chung's book. Everything about being an introvert is affirmed and applauded.

"The most basic definition of an introvert is someone who gains energy by turning inward and loses energy in stimulating environments," Chung writes in the introduction to *The Irresistible Introvert*. Chung sensed she was different and in high school, fellow students began to comment on the fact she could be so quiet. Being an introvert is often "depicted as the ugly little sister of extroversion," she says. She sets out to set the record straight and at the same time help introverts embrace our love of introspection, solitude and "a slower, more focused communication style."

The charisma referred to in the book's sub-title, "Harness the Power of Quiet Charisma in a Loud World," is connected to "a person's ability to draw us in and hold our attention. Introverts can do this without saying a word. It all begins with reconnecting to our inner nature." And then an introvert reveals what's already there "rather than adding anything on."

I can think of various times when I found that to be true. It's best to be ourselves rather than force ourselves into behavior that isn't natural to us. I found it thought-provoking to read of an author Chung refers to as an example of someone who thought her need to be alone was a sign of depression. It was actually her lack of solitude that triggered "her descent into depression." That leads me to think of women of the past, the fifties and sixties say and even up to the present, being prescribed anti-depressants when perhaps what they craved was some solitude.

"Often, as long as we have our books, our imagination, and a wide slice of solitude, we're content," Chung writes as an "irresistible introvert" herself and I find the same to be true. It's also true that we introverts "wear our chaos on the inside where no one can see it." In a chapter entitled "The Way Out is In: Finding Your Inner Compass," Chung lists some ways for introverts to have mini retreats as a daily restorative practice. A morning ritual of drinking tea, going for a walk in nature, journaling and reading for pure pleasure are on the list.

Something else that gave me pause was Chapter 6: "Rediscovering Your Emotions" in which Chung writes: "In order to cope in very extroverted environments, where we face constant energy drain and overstimulation, one of the first things we shut down is our own emotions." Chung has many good suggestions for reconnecting with emotions including simply describing them with colors, textures, or analogies such as "I feel fragile" or "I feel blue."

"Confidence is an Inside Job" is the title of Chapter 9 and in it, Chung says introverts may look like "party poopers" in a noisy pub but "quirky coffee shops and bookstores will show off our best qualities." When choosing the right environment for themselves, introverts can shine. Chapter 12, "The Language of the Body," is another important chapter reminding introverts that they tend to be very much inside their heads so they may not notice their own bodies. Chung suggests various forms of movement, both external and internal, such as dancing for the body, singing for the voice, and for the mind, in her case, completing her book. Chung even includes a chapter on introvert dating.

I wouldn't have thought so much could be written about being an introvert. Now I see that isn't true! There's so much to be learned about being an introvert in *The Irresistible Introvert* which makes it very useful for acknowledging the many gifts of introversion. And for extroverts, this is an excellent book for gaining some understanding about and appreciation for the introverts in your life.

by Mary Ann Moore
for Story Circle Book Reviews
reviewing books by, for, and about women

J says

TLDR: The book felt confused in genre and left me wanting more outside help with her claims and ideas, but I did glean plenty of notes for myself as an introvert who hadn't read any introvert books yet.

I'm an introvert who hasn't read any books on introversion before. I hadn't read the author's blog or heard of this book before picking it up from my mom's coffee table, but having never read anything on introversion I couldn't resist -- plus it was a quick read.

The book felt like a confused cross between a memoir and a self-help book for introverts; this came through in the form of many generalizations about introverts that felt mostly derived from her experience. She seems to have a large following and is a coach for introverts, so I understand she speaks from personal and professional experience, but she didn't do a good enough job for me of supporting her claims. I didn't need it to be heavily cited and researched, but it did call for more outside input than it had, and needed more clarity around what was all her perspective, what she picked up from experience, etc. I just wonder if this would have been better off as a more researched version of what she wrote with memoir tucked in separately.

I'm going to talk more about the things that I didn't love, but I do want to say that I feel some of the goals the author wanted to help people meet are not goals of mine, which also colored how I read the book. I did take plenty out of it and didn't want to stop reading because there definitely were valuable strategies, as well as stories or sections that really resonated with me or felt like they could be of help.

The book did also have a blog style to it, switching style and tone often, which isn't a style I enjoy.

I also think there was some conflation of social anxiety and introversion, though I know personally of the overlap. I know you can't spend a whole book disclaiming that each story or topic doesn't apply to everyone, but I think sprinkling in more research could have helped with this.

I also found she often set herself up to provide a solution or strategy but was really just telling people to change and not how. However, many times she did provide concrete strategies which I noted for myself.

There were a handful of gendered assumptions that bothered me. Also bothersome were various mistakes in grammar and word choice, but I only mention that as I know some people can't get through a book with those kinds of issues.

Bookish Jen says

My fellow book lovers, does any of the following sound familiar?

“You need to participate more in class.”

“You’re too quiet. Speak up!”

“Get out more! Socialize! Stop being such a hermit.”

“What do you mean you’re leaving early? The fun is just beginning!”

If you've heard these phrases countless times, most likely you are an introvert, as am I. And so is Michaela Chung, introvert coach, writer, entrepreneur and now the author of *The Irresistible Introvert: Harness the Power of Quiet Charisma in a Loud World*.

The Irresistible Introvert is a mix of memoir, manifesto and self-help that combines Chung's personal struggles with introversion, celebrates the unique traits of introversion and finally, offers sound advice on how to navigate both the professional and personal realm as introvert in a society that favors extroverts.

There is a myth that introverts aren't as cool or as interesting as extroverts. Chung blows this myth out of the water by relaying her story of selling her belongings so she could travel the world. I'd love to sit down with her and listen to her globe-trotting adventures. Furthermore, we could bond over our love of dancing, salsa dancing for her, belly dancing for me.

But Chung also shares a lot of the pain and confusion she dealt with as an introvert. She often felt out of sorts with her most extroverted peers. Teachers would admonish her with the ideas that introverts are withdrawn, anti-social and depressed. At times, she felt over-whelmed and over-stimulated by the outside world, which she thought made her deeply flawed.

While reading these passages, I couldn't help but nod my head in introverted alliance with Chung. Like her I thought I was horribly flawed because of my introverted nature. It's only in the past few years, I've been able to feel comfortable with being an introvert, and even celebrate it a bit in my quiet and discreet manner.

Throughout *The Irresistible Introvert* Chung discusses things that affect many introverts such as clutter, noise and being overwhelmed on making certain decisions. I know for myself, I am often overwhelmed by huge parties, crowds (I avoid Black Friday because of this), obnoxious speaking voices, and open office spaces hinder my ability to produce and work productively. Introverts need to be aware of these issues, and using the ebb and flow of our introverted energy to cope with these things as we face them. Fortunately, there are practical tips in Chung's book that helps us do just that. And these tips also reminded me of some things I do personally when I feel over-whelmed like deep breathing and meditation, exercise and escaping into my favorite solo activities after a rather busy, challenging day like baking, reading or crafting.

Now what about being an *Irresistible Introvert*? How do we go about doing that? Well, one way is just by accepting our introversion, and cherishing and celebrating those introverted traits that make us interesting, lovable and charming. Let's face it; despite introversion being a bit more understood that it was as little as five years ago, extroversion is still considered ideal. We live in world where so many people are clamoring for attention whether it be through social media, reality TV or by never shutting up, talking about topics that are totally TMI on a multitude of topics-sex, families, work, money and political persuasions.

It's all so maddening and obnoxious. And perhaps this is where being an introvert is a plus, not a minus. Let's harness our more quiet, thoughtful and mysterious qualities and softly shine them into the world. It just might be a very welcome reprieve.

Throughout Chung gives practical advice that help introverts navigate the world both professionally and personally. She has down-to-earth advice on shedding the mask of introversion, using one's energy to achieve positive engagements, the best communication skills for introverts, establishing intimacy comfortable for introverts and a lot more. This practical advice includes both verbal and non-verbal communication.

The Irresistible Introvert is written in a down-to-earth and charming manner. Not quite as thorough as Susan

Cain's iconic book *Quiet: The Power of Introverts in a World That Can't Stop Talking*, Chung's book is still a worthwhile read for both introverts and the extroverts who love them.

Originally published at the Book Self:
<https://thebookselfblog.wordpress.com...>

Brittany says

She was too negative about introversion for my taste.

Dee Dees says

Wish I'd read this in my twenties!

I rarely give five stars, but just the introduction to this book had me screaming (internally, of course) "Yes! That is SO me!" Finally, information that explains much of my behavior (hating to talk on the phone for one) that others don't get and that even I never understood. Read this book if you are an introvert or are in a relationship with an introvert. I even read parts of it to my husband, who kept saying, "That's definitely you!" Wonderful book with lots of examples.

Conrad Zero says

I took the official Myers-Briggs test (the one you pay for and mail in for assessment) and scored an 8/100 on the extroversion scale. Or, I'm 92% introverted, if you like. Either way, I've spent my whole life retreating to a fortress of solitude to recharge and recover from people-overload. Yes, introversion is a thing. Yes, the world at large seems predominantly extroverted.

No, complaining about it is not going to help.

I don't think introverts want a manifesto as much as they want to understand their differences and learn how to turn them to their own advantage. Maximize their strengths. Overcome or minimize their weaknesses. Therefore, the appeal of books with titles like "The Irresistible Introvert." The subtitle promises introverts how to "Harness the Power of Quiet Charisma in a Loud World." Introversion as a superpower? Yes, please.

Unfortunately, the author uses much of the book to complain about how the (mostly extroverted) world doesn't fit with her (introverted) personality. Considering who would read a book like this in the first place, all of this "Hey, I'm one of you! Let me show you that I understand your struggle..." felt like preaching to the choir at best, narcissistic ranting at worst.

After several chapters of help-i'm-an-introvert-trapped-in-an-extroverted-world, I wished she would get to the useful part. You know, the part about being irresistible? The part about harnessing power? That part DOES exist, but you'll wade through much more I-me-my, about halfway through the book, to get to it.

This book could easily be reduced to a 4-star pamphlet if the author and editor would have stuck to the

synopsis: "Learn the tools to shed your mask of extroversion, develop your own magnetism, and reveal the true you." This would have required cutting out all the extroverted-world bashing and my-life-as-an-introvert, or at least confining it to the introduction. The remaining information would be useful, albeit thin. Tips on awareness, your position in the room, engaging in conversation, etc. were good, but not quite worthy of making introverts "irresistible."

The writing is very accessible. Conversational, not college-level. The short length makes this a fast read timewise, but I'd still recommend skimming until you get to the info that tries to deliver on the book's promise.

Danielle says

I didn't even suspect it. Not for a second. Never heard a peep. Never saw a single sign. But, it has to be true. There is no other explanation. It's the only way she could know...everything. All of it. But, I can't let it keep happening. Nope. So, I've just got one thing to say...

"Get outta ma head, Michaela Chung!!"

I'm not sure how irresistible the book will make anyone but, damn, Chung knows what she's talking about. The first part of the book will be familiar to anyone who knows anything about introversion but, starting with Chapter 3, the book just takes off in an amazing direction that will have any introvert nodding along in agreement. Chung's writing style flows well and was entertaining and deep at the same time. Lovely book.

Christine says

Several of the tips offered in the first part of "Irresistible Introvert" provided practical skills for reigning in worrisome thoughts and managing emotions. We can all use the reminder that not every thought nor every feeling is worth dwelling on. Viewing thoughts as runaway horses and coaching ourselves with third-person encouragement are useful suggestions. Unfortunately, author Michaela Chung spent more time than necessary reflecting on her own experiences. She frequently mentioned the introvert tendency to be most at home in one's own thoughts. While true, thoughtful ones may need more encouragement to step outside our own heads. Failure to do so does not make us irresistible, rather we are seen as aloof and even narcissistic. Chung touched on introverts' abilities to observe and listen well. These are the skills that need to be emphasized and developed by introverts hoping to make a place for themselves in a noisy world.

Julianne says

So many of the qualities mentioned in this book I had never attributed to introversion. I learned a lot in this way, and specifically related, so I loved much of this book. Helpful and meaningful metaphors for the qualities, too.

Neilo says

Charming. Self affirming book, good for introverts who never felt like they fit in or had to change to be accepted. A really great book filled with tips on how to manage your life to be happier. And how to accept yourself the way you are.

dirt says

I'm going to practice my resting bitch face.

Michael Layden says

I found Quiet by Susan McCain a more interesting book, but this is definitely a more useful book.

It would have been a superb book to have read in my twenties. Indeed i will keep a copy or two to give to younger people who might benefit from it.

Initially perhaps I did not give it enough credit for being technical enough, I've got used to reading books with a lot more raw science and references. But dare I say it, it is a sweet book written by someone who cares a great deal for others and is happy to expose her struggles so that others will not have to make the same mistake.

She has put a great deal of thought into the topic. Indeed it is a fairly comprehensive document. It makes sense that she has a blog, I would think that this has allowed her to really see what works and what does not. So no doubt the sparsity of reference is made up for in the complexity of all the visitors to her site. It is nice reading a book which has a real feeling of empathy and wisdom

Hakan Jackson says

This book is more pop psychology than psychology and more memoir than academic. I was hoping for a book more along the lines of "Dyslexic Advantage" and "Quiet: The Power of Introverts in a World that Can't Stop Talking", but this book felt more like a rant against a world that doesn't treat introverts well. While that catharsis can be enjoyable, it doesn't really speak towards the "Irresistible" part in the title. There was also several parts of the book where she writes about aspects as if they are part of introversion when I'm pretty sure that that's just part of her personality. If you want to learn about introverts then read "Quiet". if you want a memoir of an introvert, then this is your book.
