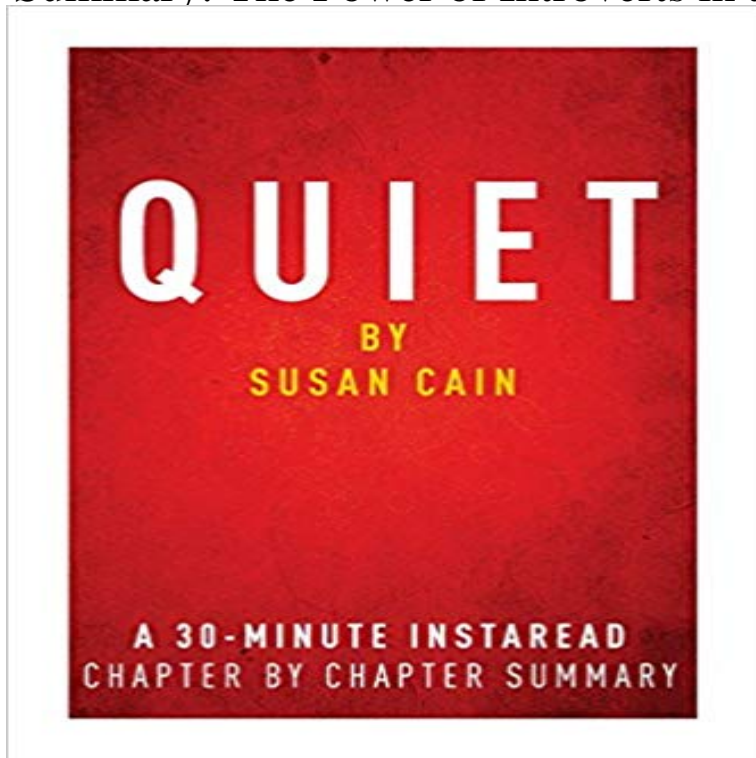


## Quiet by Susan Cain - A 30-minute InstaRead Chapter-by-Chapter Summary: The Power of Introverts in a World That Cant Stop Talking



With InstaRead Chapter-by-Chapter Summaries, you can get the essence of a book in 30 minutes or less. We read every chapter and summarize it in one or two paragraphs so you can get the information contained in the book at a faster rate. This is an InstaRead Summary of Quiet: The Power of Introverts in a World That Cant Stop Talking by Susan Cain. Below is a preview of the earlier sections of the summary: Introduction The North and South of Temperament On December 1st 1955 in Montgomery, Alabama, Rosa Parks refuses to stand up to let a white man take her seat on the bus. She questions the reasons behind making blacks subservient to whites and is told by a policeman that it is the Law, and is arrested. Thousands of supporters rally for Rosa at the Holt Street Baptist Church. Reverend Martin Luther King Junior gives a heartfelt speech in support of Rosas actions and then hugs her. The rally inspires a bus boycott that lasts 381 days and subsequently becomes a major milestone in the victory for Civil Rights. Rosa Parks disposition was said to be both shy and courageous - attributes regarded as disparate. The autobiography of Rosa Parks, Quiet Strength, also alludes to the flawed perception of quietness and strength being mutually exclusive. The most important aspect of personality is temperament which can have an exact placement on the spectrum of introvert-extrovert. It is the placement of your temperament on this scale that reaches into every aspect of your life, from choices and actions, to relationships and habits. Being an introvert is common, between a third and a half of Americans are introverted, but a portion pretend to be extroverted, since society encourages extroverts over introverts - an epoch the author calls The Extrovert Ideal. Introversion has led to great scientific, technological and artistic breakthroughs - Darwin, Einstein, Orwell and Chopin are a

sample of famous, successful and important introverts who changed the world. The introverted disposition should not be discouraged, but accepted, by wider society since introverts are naturally good thinkers. A female lawyer, beset with doubts about her effectiveness in conferences and meetings, remembers that introversion has its own, considered strengths in negotiation and overcomes her inner-conflict when confronted with extroverts. The terms introvert and extrovert gained popularity following psychologist Carl Jung's Psychological Types. Jung states that there are no absolute introverts or extroverts, and that there can be an overlap in personality, for instance shy extroverts - like performers with stage fright; or outgoing introverts - like technology moguls.

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