



# The Happy Introvert: A Wild and Crazy Guide to Celebrating Your True Self

*Elizabeth Wagele*

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# **The Happy Introvert: A Wild and Crazy Guide to Celebrating Your True Self**

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**BE YOURSELF**

**BE INTROVERTED**

**BE HAPPY**

All your life you've heard the myths . . .

- Introverts are depressed and lonely.**
- Introverts wish they were more outgoing.**
- Introverts lack self-confidence.**

These stereotypes about introverts have been propagated by the people who do all the loud talking—the extroverts. To counter these (and many more) common misconceptions, author Elizabeth Wagele, a self-proclaimed introvert, offers a book that delivers the truth: *The Happy Introvert*.

This compassionate guide explores the rich inner world you as an introvert enjoy. The insightful advice—presented in a fun format of provocative quizzes wacky cartoons and inspiring quotes—will help you better appreciate your uniqueness.

With *The Happy Introvert*, you'll learn to navigate the extroverted world without compromising your creative, independent self.



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