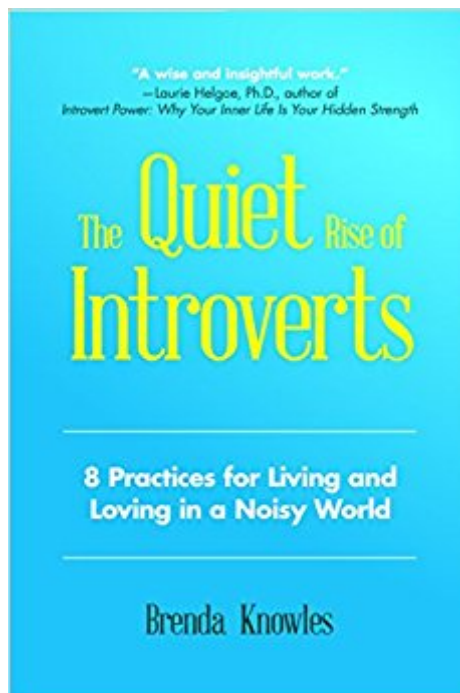




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# The Quiet Rise Of Introverts: 8 Practices For Living And Loving In A Noisy World



## Synopsis

**#1 New Release!**Introverts living and lovingMany introverts in our world: More and more, people are identifying as introverts. Studies show that at least one-third of the people we encounter in our lives are introverts. **Introverts and Relationships: The Quiet Rise of Introverts: 8 Practices for Living and Loving in a Noisy World** is a guide to help tenderhearted and introverted individuals grow and nurture their peace, purpose, and relationships. Quiet Rise will help sensitive individuals build personal and social resilience. Author, speaker and life coach Brenda Knowles presents 8 unique practices to help readers learn that they are not alone or flawed in their sensitivity and introversion and that they are capable of creating and maintaining secure, loving relationships. Certified as a Myers-Briggs practitioner, she has been writing and guiding introverts for six years on space2live and has been trained in family mediation.Incorporating the 8 Practices of The Quiet Rise of Introverts into your life yields:  
A calmer sense of self  
A deeper understanding of mental and physical self-care  
An understanding of the purpose of conflict  
Growth in relationship responsiveness  
The secrets to healing every day

## Book Information

Paperback: 297 pages

Publisher: Mango (October 3, 2017)

Language: English

ISBN-10: 1633536416

ISBN-13: 978-1633536418

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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## Customer Reviews

âœBrilliant and a must read for introverts and extroverts alike who have a desire to strengthen their relationship! Brenda's ability to blend research, personal experience, and new insights into practical guidance for the reader are sure to benefit any relationship. I highly recommend it!âœ • - Bill Zajac, author UNBEATABLE MARRIAGEâœBrenda offers sanctuary to countless bewildered gypsy introverts, so tirelessly trying to participate fully and wholly in an extrovert's world. At last a book that talks directly to the introvert, offering a safe, calm place to exhale, to be seen, providing an

amalgam of wisdom drawing from critical psychological theory (kudos for attachment theory!), creativity, case studies, widely researched contemporary scholars, writers, (and countless readers of her Blog!) combined with Brenda's welcoming presence, personal journey, whose pages open wide, directly into the heart of each and every reader. I'm grateful for her gifts.â • - Roxanne Sadovsky, MA, MFA, CMHCâ œIn this book Brenda shares personal experiences in a way that makes it very easy to connect her coaching to your own experiences. Many sections of this book felt as though they were written just for me.â • - Mark Konietzko â œBrenda's new book has given me such a deep perspective on the hidden dynamics that happen between lovers. I have come to understand many of the unconscious patterns that play out in my own relationship through her wisdom. As a sensitive introvert, I found myself captivated by the maturity of principles that Brenda so easily explains. I would recommend this book to anyone who is in a relationship and also those who are looking for love.â • - Melissa Panero, MelissaPanero.com and Beautifully Vulnerable podcastâ œInitially, Brenda's blog post "Introvert Relationships: Love Me or Leave Me But Please Donâ™t Need Me (Too Much)" drew me to her and her writing as she is able to express almost verbatim the thoughts in my head as a highly sensitive person and introvert. Her subsequent coaching has been a tremendous help for me...she has gently nudged me by providing her extensive research and experiences to grow and flourish as an introvert in this world.â • - Julia, long time reader and coaching clientâ œBrenda has been a go to voice of encouragement and wisdom from early on in my journey of discovering what it means to be a highly sensitive introvert. She brings calmness and a positive celebratory approach to help us understand ourselves better and truly thrive from within our busy and overstimulating lives. For me personally she has provided tools to nurture better, closer, and more fruitful relationships with others, and to inspired me to develop a revolutionary self-care practice in my life.â • - Andy Mort, andymort.com, singer, songwriter, podcaster and gentle rebelâ œWe spend tons of energy trying to make relationships work, often at the expense of being who we are authentically. Brendaâ™s Practices help connect the dots of our experiences, thoughts, feelings, failures and achievements, from child to adult, gently guiding our highly sensitive and introvert selves to a more integrated and healthy way of living and being in relationship.â • - Dawn Allred, founder of The Outspoken Thoughts of an Introvert

Brenda Knowles is the creator, writer and personal/relationship coach of BrendaKnowles.com. She coaches and empowers introverts and highly sensitive people as they process transitions and navigate relationships. Brenda Knowles is best known for her blog, space2live. She believes in the importance of relationships, curiosity, intuition, empathy and personal evolution. She has studied

personality theories and relationship dynamics extensively. She is trained in family mediation. She is a Myers Briggs practitioner. She lives outside of Minneapolis, Minnesota with her three children.

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