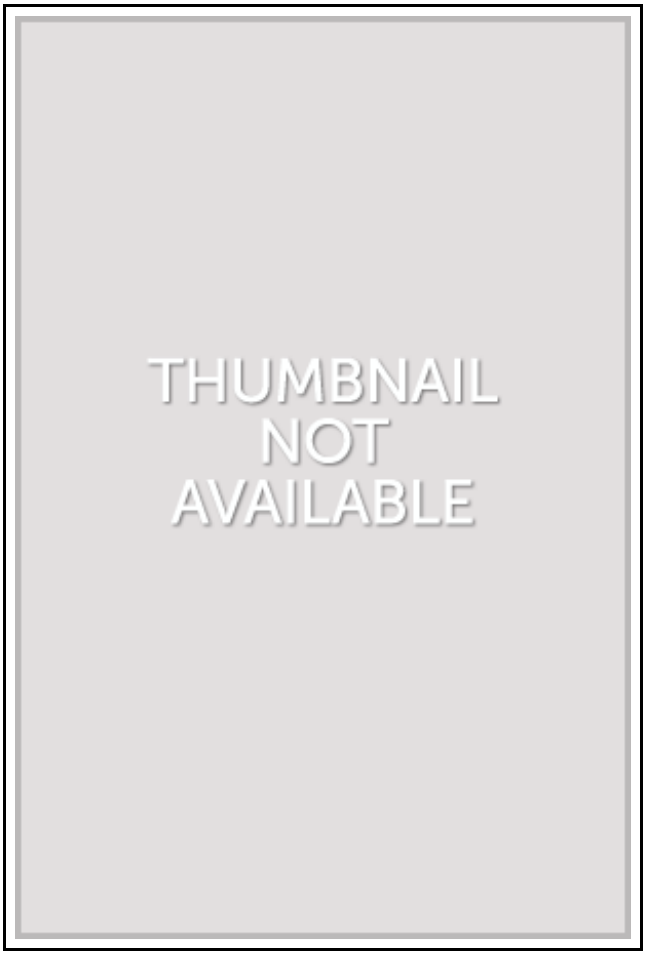
The Little Book of Quiet



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THE LITTLE BOOK OF QUIET

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Quadrille Publishing Ltd. Hardback. Book Condition: new. BRAND NEW, The Little Book of Quiet, Tiddy Rowan, The Little Book of Quiet takes a broad look at the need for, and the benefits of, achieving more quiet in your life. It takes a look at different personality types - those who are inherently more disposed to an introverted nature (people who are more comfortable in the inner world of thought and feeling) and those of an extroverted nature (people of action and clamour). It looks at some of the people in history who are heard despite their quiet voices and personalities, for example: Gandhi, Nelson Mandela, Bill Gates, J.K. Rowling. In so doing it will show introverts how to harness their many positive qualities, and show extroverts how to allow more quiet into their lives. Now that everyone is constantly connected digitally 24/7, more emphasis is being placed on achieving higher emotional intelligence (EQ) to empathize and negotiate with others in a global economy - in other words enhancing 'people skills'. To be a good listener is considered a key people skill, and a basic requirement of being a good listener is to be quiet when the other person is talking. The book shows how an understanding of left-brain and right-brain thinking can help achieve a better balance between the two and how to recognise these same attributes in others. It explores ways of achieving more quiet in our lives and less troubled minds, through tips and exercises and through mindfulness and understanding.

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