

A Quiet Life in 7 Steps

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Synopsis

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In a world of distraction, overcommitment, and often overwhelming social expectations, are you craving depth, meaning, and true connection?

Join Susan Cain, an international best-selling author on the power of introverts who will help you tune out all of your everyday stresses and conflicts and tune into living a Quiet Life.

In seven steps, Susan will show you exactly how to lead your own Quiet Life. She™ll help you connect with the part of yourself that™s drawn to the quiet, the deep, the beautiful, and the kind. With the help of carefully selected experts—including poets and sages from across the centuries—she™ll share her very best advice, and give you practical takeaways, exercises, and meditations, all in service of helping you live your truly Quiet Life.

Reader's comments

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