

The Quiet Rise of Introverts

author: Brenda Knowles

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Synopsis

author	Brenda Knowles
readBy	Christine Williams
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Many 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 Loving and Living in a Noisy World* is a guide to help tenderhearted and introverted individuals grow and nurture their peace, purpose, and relationships.

Many types of introverts: There are many facets to being an introvert and many variations to each type. But as you peel back the layers to all these you quickly learn that introverts may make up 50 percent of the world's population.

Introverts and sensitivity: Author, speaker, and life coach Brenda Knowles presents eight unique practices to help readers learn that they are not alone or flawed in their sensitivity and introversion. Certified as a Myers-Briggs practitioner, she has been writing and guiding introverts for five years in space2live and has provided training as a family mediator. Incorporating the Eight Practices into your life yields a calmer sense of self, a deeper understanding of mental and physical self-care, an embracing of positive conflict, growth in responsiveness, and the secret to healing every day.

Reader's comments

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