



Confessions of an Introvert: The Shy Girl's Guide to Career, Networking and Getting the Most Out of Life

Meghan Wier

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Confessions of an Introvert: The Shy Girl's Guide to Career, Networking and Getting the Most Out of Life Meghan Wier

"Funny and insightful, Meghan has written a true resource for any introvert seeking to break out of their shell and step into the spotlight."

Dr. Ivan Misner, founder and CEO of Business Network International

Are you an introvert who wants to succeed in the business world? Do you:

- Avoid unnecessary social interaction?
- Keep to yourself or to your small group of friends?
- Seek out time alone?

Confessions of an Introvert offers you practical advice, interspersed with real-life stories, that will help you overcome your shyness and find ways to have a satisfying future in the corporate world. Packed with valuable insights and personal anecdotes, *Confessions of an Introvert* will teach you:

- Why business networking is the key to professional growth and how even the shyest person can learn how to network
- That a little self-promotion goes a long way in showing others how good a businessperson you are
- How to communicate with people in a way that is comfortable to you but still gets the results you need
- That being an introvert is just a part of who you are and not a serious roadblock to your success

Confessions of an Introvert is a must-read for any introvert seeking to excel in business and get the most out of life.

Meghan Wier is known for melding her professional style, keen business sense, and desire to share her work and life experiences with others. An introvert/forced-extrovert, her relationship-building savvy and strong marketing skills have made her a recognized expert in building through networking. Ms. Wier is an influential authority on business networking and marketing.

From ForeWord Magazine (12/10/08):

Networking is a big buzzword these days. People are joining networking Web sites and networking groups in the hopes of improving their career or social status, or simply expanding their social circle. *Confessions of an Introvert: The Shy Girl's Guide to Career, Networking, and Getting the Most of Out Life* helps women for whom networking and self-promotion don't come naturally.

"[E]xtroverts gain energy from other people and introverts feel like they just get the energy sucked out of them by other people," author Meghan Wier writes. She is an expert on marketing and networking, and a self-proclaimed introvert. Wier insists that introverts can become charismatic speakers and great leaders. She helps readers along the way with sections on identifying sources of anxiety, building confidence in tough situations, becoming an expert in one's field, and organization. In order to make public speaking easier, she recommends that readers write down everything they dislike about speaking and why, then come up with actions that will offset each item.

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From reader reviews:

Rafael Runyan:

Typically the book Confessions of an Introvert: The Shy Girl's Guide to Career, Networking and Getting the Most Out of Life has a lot info on it. So when you read this book you can get a lot of profit. The book was compiled by the very famous author. Mcdougal makes some research before write this book. This particular book very easy to read you may get the point easily after reading this book.

Richard Kowalski:

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Carolyn Rodriguez:

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Helene Anderson:

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