



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.

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

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From Reader Review Confessions of an Introvert: The Shy Girl's Guide to Career, Networking and Getting the Most Out of Life for online ebook

Starfire says

It's probably a bad sign when you finish up a book you're reading for research with a sense of "Well, thank gods THAT's finished"

Seriously, I thought it was just some kind of personality/style conflict with the author until I started reading some of the other reviews.

I think my **main** issue with the book is its apparent overarching message that introversion is bad for your business, and learning how to fake being an extrovert well is good. There's a certain sense as you read through it that Ms Wier believes that getting good at in-person networking is THE ONE AND ONLY WAY to be good at your job and achieve all your business-related goals. Not surprisingly, this irritated the hell out of me.

I also disliked the fact that although she distinguishes introversion and shyness at the beginning of the book, she then goes on to conflate them throughout the rest of it. So introverts are constantly told to do things that will increase their confidence and get over their shyness. All of which is no bloody use at all to an introvert who's not shy in the slightest.

Then there was the apparent assumption, leading on from Point #2, that fear of attention is at the root of an introvert's problems, and that any attention is good attention. There's nothing about what to do once you've attracted the attention - and nothing about the importance of creating a good solid base to draw that attention to once you have it. It's all about getting attention in the first place. **sigh**

Finally, the cherry on the top of my irritation was the atrocious proofing. Descriptions of wearing shoes with "high heels" or situations of "shear chaos" just grated.

So yes. Long story short, if you're looking for a good book on making the most of your introversion, look elsewhere. Because trust me. This? Really isn't it.

Terri says

Honestly...this kind of bored me. I didn't finish it. Most of the tips were general retreads from other career-focused books I've read; they weren't unhelpful, but they also weren't anything new.

Gina Herald says

Meg's a personal friend of mine and I count myself lucky to have her in my network. She's straight up and funny. A real giver. She knows her stuff when it comes to marketing too and her company Impact Marketing

is aptly named.

Sarah Betz says

This book was not well written but I gave it a 3 because there were some great tips!

Alan says

Interesting management book, specializing in introverts. Longer review here:
<http://eyesandearsblog.blogspot.com/2...>

Tracy says

It's super basic, and probably more helpful for someone who hasn't discovered their own strategies to overcome being an introvert in an extrovert, famewhore world. There are useful tips, but the large font combined with the condescending tone was annoying. I felt like a patronizing nurse was explaining in a sloooowww voice using simple words how to take my medicine. A young introvert without too much professional experience should read this book. Anybody older or someone with a bloody clue should skim it quickly. One valuable part is how Wier differentiated between "shy" and "introverted." Again, it's a better read for the introvert who hasn't realized the strength of quiet.

Nancy says

Awful editing/proofreading. A few examples:

"The pair hurriedly placed space heaters around us and PEALED away our wet coats."

"...wear good shoes with a little extra lift or HEAL."

"SHEAR chaos"

Huh??
