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***Quiet Power: growing up as an introvert in a world that can't stop talking* by Susan Cain**

Publisher: Penguin Random House UK

RRP \$37.00

As an introvert herself, the author is testament to the power of quiet thinkers in a noisy world. She's learned how to survive and how to thrive, and now she leads a Quiet Revolution. Here she shares her experiences with similar young people, who are wondering how to cope in a society that values outspoken extroverts.

The huge success of Cain's first book for adults, *Quiet: the power of introverts in a world that can't stop talking*, encouraged her to write for a younger audience to help them appreciate the power of their quiet nature. Included are stories from many students who've struggled to have their thoughtful, reflective selves validated alongside their competitive, outspoken classmates. The examples of how they've learned to shine in their own right will give strength to young readers who recognise their own reserved behaviours.

There's a lot of text in this 270-page book, with very few illustrations to lighten its earnest approach. Some readers may prefer to move from Introduction to Conclusion, while others with limited time will appreciate the concise guidelines at the end of each chapter which reinforce helpful suggestions.

The table of contents lists positive chapter headings such as: Quiet in the Classroom, Quiet Leaders, Quiet Friendship, Quiet Parties, Opposites Attract, Quietly Adventurous, etc. The index refers readers to specific topics, behaviours, and points of interest. A section for teachers and parents is a useful addition.

A Manifesto for Introverts at the start of the book quotes Mahatma Gandhi as saying: 'In a gentle way, you can shake the world.' Powerful and empowering!

Author's website:

www.thepowerofintroverts.com

Author's TEDX talk:

<http://tinyurl.com/zqhj4g9>

Reviewed by children's book author, Jean Bennett



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