



## **Insight: Reflections on the Gifts of Being an Introvert**

*Beth Buelow*

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## **Insight: Reflections on the Gifts of Being an Introvert** Beth Buelow

Have you ever felt like something was wrong with you, just because you were an introvert?

If so, you're not alone.

Over the past few years, I've been witness to thousands of introverts who have experienced a greater understanding of what exactly it means to be an introvert in an extroverted world.

They've discovered that introversion isn't just a quirky thing that gives us an excuse to leave the party early. It's a way of being in conscious relationship with our energy. It influences how we show up in the world.

Above all, we've learned to see it as a strength.

This book shares insights and inspiration for introverts who want to create life on their own terms.

"Insight: Reflections on the Gifts of Being an Introvert" is a compilation of my favorite blog posts and articles that speak specifically to the introvert, mixed in with topics that are more general but still interesting to anyone who wants to deepen his or her self-awareness.

~Beth Buelow, author  
The Introvert Entrepreneur

## **Insight: Reflections on the Gifts of Being an Introvert Details**

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## **From Reader Review Insight: Reflections on the Gifts of Being an Introvert for online ebook**

### **Lex Javier says**

I bought it wishing it was as insightful as Susan Cain's Quiet. While expectations are sometimes met or exceeded, this time it has--as it often does--lead to disappointment.

What did this book lack? Depth. The book is structured as unconnected short essays. This structure allows, unfortunately, repetition. The book constantly argues that introversion does not equal shy, that there is nothing wrong with being an introvert, that we should not desire to change ourselves. However, lack of depth and development make it reminiscent of casual encouragement. It does not alter your life. It does not save you.

The book's misfortune is that it is light reading, when I desired something heavy.

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### **Brenna Bonner says**

If you have introverts in your life, then you must read this! You will understand and appreciate them in a whole new way!

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### **Richel says**

Introverts are not shy; they don't hate people either. They simply love to be alone.

The world outside, depletes or drains his/her energy; so to recharge, he/she needs to be alone.

Reading the book was like reading myself.

Good enough book.

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### **Mary says**

Such an insightful book! The author, Beth Buelow, who is a certified professional coach and introvert herself, takes the shame out of being an introvert. I'm embarrassed to admit that I also believed all the typical myths that are associated with introverts. Ms. Beulow does a wonderful job at defining the characteristics of an introvert, as well as how to utilize those traits to be a happier person. It's obvious that extroverts far outnumber introverts, so the advice in this book helps the introvert navigate in a extrovert heavy society. Just reading this book makes me feel like I know more about myself, which of course gives me more confidence. Now I feel like I have the knowledge to inform others and dispel some of those myths. I also have the tools I need to prepare myself when I know that I'll be in a situation that might be more socially draining... like a conference. I think this is well worth the read for anyone who wants to have a better understanding of the

introverts in their life.

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### **Janet Barclay says**

Have you already read *The Introvert Advantage: How to Thrive in an Extrovert World* and *Quiet: The Power of Introverts in a World That Can't Stop Talking*? Are you looking for something new to read on the subject of introversion? You'll probably enjoy this recent release by Beth L. Buelow.

Although not as meaty as the best-sellers mentioned above, *Insight* contains lots of worthwhile information, both for extraverts trying to gain a better understanding of the introverts in their life and for introverts who may be struggling to find their place in an extraverted world.

There's an excellent explanation of the difference between shyness and introversion, as well as an in-depth look at the valuable role that introverts play in society and the business world. Speaking of business, there's also an entire section devoted to entrepreneurs, which is not surprising, as the book is essentially a compilation of posts from Buelow's popular blog, *The Introverted Entrepreneur*.

Because of its bloggy origins, the book is written in a conversational style, which makes it an easy read, especially since each chapter is essentially its own entity. I'd have liked it better had the author taken the time to edit the content thoroughly when converting it into a book, as certain parts just didn't "feel" right to me. For example, it's my opinion that "I titled this post..." should have been changed to say "I titled this chapter..." and that "since this is November" should have been changed to "since it was November when I wrote this" (if it was even necessary to keep that part in).

Despite my possibly petty complaints, I found it thought-provoking and well worth reading. It's perfect to pick up and read a chapter when you have a few minutes between activities, and it's short enough to read in one or two sittings if that's your preference.

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### **Bart Grover says**

As noted by another reviewer, this book is a collection of blog postings but is a good short read. Each "chapter" is a couple pages long and you can pick it up when you have a few minutes, page thru a chapter and then put it down. Susan Cain's book is much more in-depth but this adds some good information for those trying to understand why introverts are the way they are.

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### **Annie says**

The book has good little tips for introverts who dread going to parties and business events. For example, a good insight is the first time you go to a business event, you might not know anyone but you'll meet some people. The next time you go, you might see some people you know. Each time you go, you'll know more people. Then it won't be as uncomfortable as it once was. Also instead of referring to these actions as expanding your comfort zone, the author refers to it as expanding your capacity. These little changes in how you frame situations can be useful. However, if you've read Susan Cain's book "Quiet," you'll probably find this book anecdotal and shallow.

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## **Meri Elena says**

As an introvert who is a little lost in this extroverted world, I was excited to read this book. Now that I am done, I have mixed feelings. Buelow provides meaningful and actionable, well, insights. Her tone is open and positive, so the reader gets the impression that she is conversing directly with him or her. As I understand it, the book is a collection of Buelow's blogs, which probably accounts for the casual feel. There is something to this sort of persuasive style, although I am not particularly a fan of it.

In regards to the structure of the writing itself, the casualness of this book made me cringe. Every page, heck, almost every *sentence* included at least one invalid punctuation construct. Punctuation on both sides of quotation marks, consistent failures to use the Oxford comma, and contractions with the last letter on a separate line are just a few examples of the sloppy mechanics I saw. Oh, and emoticons! Do not get me started! How can I take someone seriously who puts these :-) things in her book? It's just not professional. I grant that the chapters began as blogs, but that is no excuse for allowing all those errors and inadvisable forms of punctuation (!!!?!?", anyone?) to go to print. It is simply not professional.

Now that my grammar rant is finished, I will address her arguments. The focus on introvert entrepreneurs didn't hold my attention too well (the teaser didn't indicate to me that business was the focus), but for the most part I appreciated what Buelow was saying, even when I didn't agree with her completely. I think Buelow definitely knows introverts and she seems to have a good grasp of human nature. Her outlook on life is markedly sunnier than mine. That's alright; it helps to consider an alternate perspective once in a while. I was impressed with the way Buelow analyzed the minutiae of common words and phrases to unmask what they really say about thought processes. I liked the structure of having one short, cohesive argument per chapter, and I thought that most of her ideas seemed well-developed. My only content-based objection is her use, especially in one chapter, of that term "the universe," so overused in reference to metaphysical matters. If you are going to talk about spirituality, don't beat around the bush. "The universe" isn't for or against you--it merely *is*. Otherwise I was quite taken with the points put forward in *Insight*. If Buelow can work out those mechanics, she should be on track to good writing.

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## **Morv says**

This book is more of a guide to those who are of the introvert nature, it also give aid to those who know introvert's and how they can help them or make their life a little bit easier.

It's a good book, full of interesting ideas and things I hadn't thought about; best of all certain things just clicked for me and made me glad that I wasn't completely alone.

The negative side to it was that it did read more like a blog than a book, which obviously wasn't the intent but to me that took away the specialness of the book - odd as that may seem. Its pretty much meant I could just go to her Facebook page and see all the things she was talking about in her book.

However I did enjoy the quotes for each chapter, the paragraph's borrowed from other Introvert's and the

other little add in's that her follower put in at the end of the book.

It was insight full and rather helpful, with certain tips am going to try and other's I found I was doing already.

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### **Elizabeth says**

Beth Buelow covers much of the standard territory of introversion. She does mix shyness with introversion too comfortably. Much of the advise and management techniques aren't new ideas and the content has the depth of blog posts.

Like most texts on introversion, the value of this book is accessibly and that one anecdote that unlocks the realization that introversion personality choices are not faults, but just traits. Acceptance in a world of extroverted media.

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### **Annie Bomke says**

I loved this book! I was amazed by how much each essay sounded like it was written just for me and my unique introvert foibles. It made me laugh, it made me think, and it gave me the comforting validation that there is a community of introverts out there experiencing the same sorts of things I am.

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### **Starfire says**

This would probably make a great first foray into the world of introversion books, although if you've been reading them for a while, there won't be a lot of genuinely new information in there (which makes sense, I guess, since I think it's the author's first published book)

Like - I think - The Introvert's Way (if I'm remembering correctly), this is less a textbook and more a series of essays/blog posts, which means it's very easy reading for the most part. This is the sort of book you can comfortably get through in a single sitting (or two if you're short on time).

It's great to see the distinction between shyness and introversion made so clearly. I like the comment that introversion should really be considered an energetic characteristic, rather than a personality factor too. And the author's voice is light and accessible, so it's definitely worth a read. Plus it's got me curious about the author's later books too.

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### **Kristen says**

Beth Buelow nailed the challenges for introverts who are trying to apply and practice conventional business development strategies. The chapters are brief and based on blog posts so they feel personal and authentic; very little lofty business language or psychological/sociological terminology. I immediately identified with example scenarios and found myself smiling all along the way, as I recognized both my personal strengths

and weaknesses in Buelow's wonderful storytelling.

The value wasn't in seeing myself in this collection of posts and reflections though, it was in seeing myself in a fresh light; accepting and planning on ways to build on the innate positives of who I am and what I have to offer as a thinker and collaborator to prospect clients or employers.

Some of the strategies Ms. Buelow offers are common sense but are offered up in an inspiring way with an up-lifting tone so the advice feels new.

Other encouragements were entirely new to me, like the importance of 'showing up BIG' (in your own way) at those business networking events many introverts loath. This reflection really changed my perspective on both the ways I may be perceived at events and how I might leverage my unique energies to attract and connect with others moving forward.

Reading "Insight" is a wonderful, upbeat way, to add to one's relationship-building toolbox. I chuckled through all the chapters and as other reviewers have mentioned, finished the read feeling recharged and little more confident; like I might feel after an afternoon spent with a wise, successful close friend.

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### **D'face says**

This little book is aimed at the introvert entrepreneur and is a collection of blog posts, Facebook contributions and articles on being successful in business when you would rather stay safely within your comfort zone of home alone with the dark chocolate, comfortable clothes and cats. Written in a peppy style suited to social media this contribution is a light weight in comparison to Susan Cain's 'Quiet' which was heavily researched and stuffed full of examples and information. There are some tips here and it is easily accessible, but no prize winner. There are also some spelling mistakes and words missing - but apparently the author is a perfectionist in recovery, so this is ok.

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### **Robert Bannon says**

One of the best books I have read this year. Opened my eyes and heart to realities of being an introvert. thank you for creating this Beth.

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