



**TITLE:**  
**The Secret Lives of Introverts**

**AUTHOR:**  
**Jenn Granneman**

**READ BY:**  
**Susie Berneis**

**CLASSIFICATION:**  
**NONFICTION**

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**"Berneis beautifully guides listeners toward understanding introverts and the often hidden ways they occupy and contribute to the world around them."**—

*Audiofile*

## The Secret Lives of Introverts

by Jenn Granneman

Read by Susie Berneis

**A guide and manifesto for all the quiet ones—and the people who love them.**

"Is there a hidden part of you that no one else sees? Do you have a vivid inner world of thoughts and emotions that your peers and loved ones can't seem to access? Have you ever been told you're too "quiet," "shy," "boring," or "awkward"? Are your habits and comfort zones questioned by a society that doesn't seem to get you? If so, you might be an introvert.

On behalf of those who have long been misunderstood, rejected, or ignored, fellow introvert Jenn Granneman writes a compassionate vindication-exploring, discovering, and celebrating the secret inner world of introverts. Drawing on scientific research, in-depth interviews with experts and other introverts, and her own personal story, Granneman reveals the clockwork behind the introvert's mind—and why so many people get it wrong. So whether you're a bona fide introvert, an extrovert anxious to learn how introverts tick, or a curious ambivert, this empowering manifesto will answer questions you've always had.

### AUTHOR

Jenn Granneman is on a mission to let introverts everywhere know it's okay to be who they are. For most of her life, she felt weird, different, and out of place, and she doesn't want others to feel that way. In 2013, she created IntrovertDear.com, the popular online community and publication for introverts, and her writing can be found in publications such as The Huffington Post and Psychology Today. She lives in Minnesota.

### READ BY



Susie Berneis is a versatile voiceover artist with numerous narration credits to her name. She has an ear for dialect and a love for the process of developing characters, which has been cultivated through her twenty-plus years of experience as a community and regional stage actress. Based in Ann Arbor (home of the University of Michigan, where she received her BA in English and theatre), she now takes great joy in playing all the characters she encounters in her narration.