



The Hidden Gifts of the Introverted Child: Helping Your Child Thrive in an Extroverted World

By Marti Olsen Laney Psy.D.

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Introverted children are often misunderstood, even by their parents, who worry about them. Engaged by their interior world, they're often regarded as aloof. Easily overwhelmed by too much stimulation, they can be seen as unmotivated. Content with just one or two close friends, they may be perceived as unpopular. Parents fret that they are unhappy and maladjusted. But the truth is quite different: Introverted children are creative problem solvers. Introverted children love to learn. Introverted children have a high EQ (emotional IQ) and are in touch with their feelings. They take time to stop and smell the roses, and they enjoy their own company. They are dependable, persistent, flexible, and lack vanity.

How can parents help their introverted children discover and cultivate these wonderful gifts? Help is here. Written by Dr. Marti Olsen Laney, author of *The Introvert Advantage* with 74,000 copies in print, *The Hidden Gifts of the Introverted Child* fully explains introversion as a hardwired temperament, not a disability, and tells just what parents need to do to help their child become the person he or she is meant to be—and succeed in an extroverted world. Beginning with a 30-question quiz that places a child on the introvert/extrovert continuum, *The Hidden Gifts* shows parents how to foster a climate that allows introverted kids to discover their inner strengths; schedule ways for a very young innie to recharge those batteries and teach an older child to do it for him- or herself; create a harmonious household with siblings, and parents, of different temperaments; help innies find success at school, sports, parties, and other group activities.

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Editorial Review

Review

"Dr. Laney's insights into introverts are invaluable....Behavior that in the past I found baffling, now makes sense. Parents will find her explanations a wonderful help."

—Deborah Tannen, author of *You Just Don't Understand* and *You're Wearing That?*

From the Back Cover

Do you have a child who hangs back at birthday parties? Who dreads being called on in class? Who hugs the sidelines, and who surprises you by seeming withdrawn or aloof in public but turns into a chatterbox at home?

The plight of the introverted child is to be often misunderstood. Parents, siblings, classmates, teacher, and—most devastatingly—the child himself feel that there's something wrong with him. With *The Hidden Gifts of the Introverted Child*, Dr. Marti Olsen Laney brings wisdom and science together to provide parents with an essential guide to raising a successful, well-adjusted innie. It covers the hard-wired introvert temperament; introvert-extrovert family dynamics; navigating school, sports, and social life; and especially, how to draw out your introvert's hidden gifts, which may include a love of learning, empathy, creativity, and flexibility—virtues easily lost in the bluster of an extroverted world.

About the Author

Marti Olsen Laney, Psy.D., is a researcher, educator, author, and psychotherapist. One of America's foremost authorities on introversion, she speaks and leads workshops on the topic in the United States and Canada. She and her extroverted husband have two grown daughters and four grandchildren. They live in Portland, Oregon.

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