

New Book by Bestselling Author Sylvia Löhken

Dealing with one's own personality helps us to make our lives more meaningful and suitable for us.

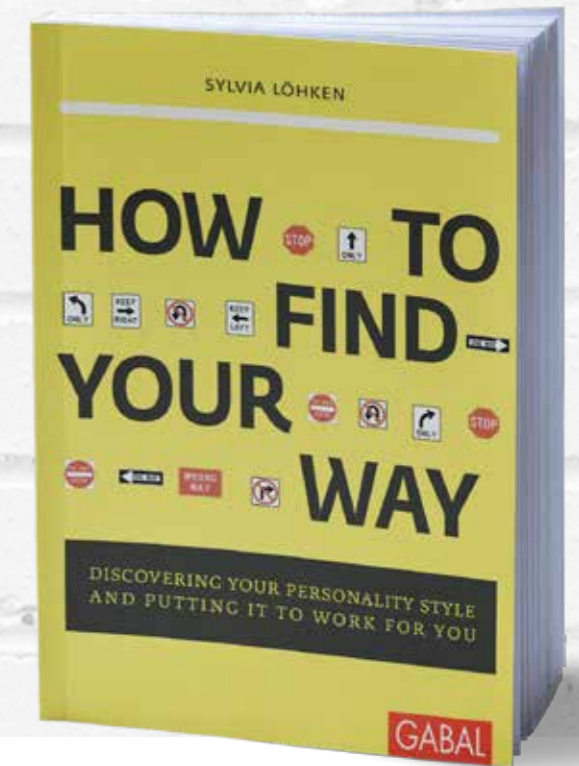
Introvert, extrovert – you probably already know these terms. But to be honest: Do you know what it exactly is that distinguishes “intros” from “extros”? And do you know what the differences mean for us and dealing with one another?

This book provides answers to these questions. You will find in this book all the important characteristics that make us intro, extro, or centro. Here, each chapter ends with six statements that you can rate right after reading.

Along the way you will also learn some additional aspects:

- Is introversion the same as being shy?
- And do extros really have the better career opportunities?
- What strengths do intros and extros have?

A fascinating subject is also the centroverted personality: As a “centro” you are much more than simply the neutral distinctness in the middle. Therefore, you will find a separate section in this book dedicated to your personality. That's important because there is far too little literature on the strengths and the hurdles and needs of people who have an equal share of introvert and extrovert characteristics.



Sylvia Löhken
How to Find Your Way
 Discovering Your Personality Style
 and Putting it to Work FOR You
 96 pages
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