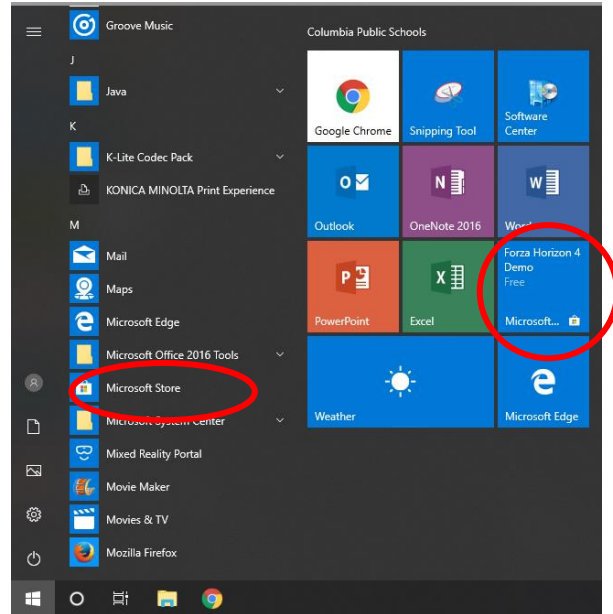


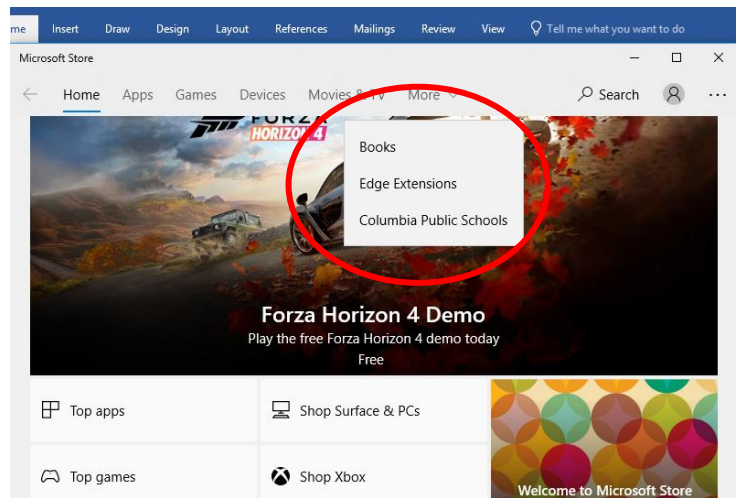
Downloading and Using Overdrive to your Dell 3189

Click on the Start button to see all installed programs.

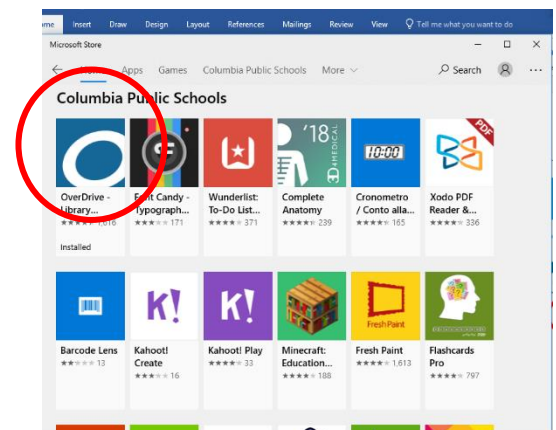
From the program list, click on Microsoft Store or click on the Microsoft Store tile.



Navigate to the Columbia Public Schools store by clicking the arrow under the word 'More.'



Choose Overdrive and Click install.



At first login, you will need to choose 'I am under 13 years old' to login with your CPS account. Choose to 'Add a library.'

OverDrive

Sign up for an OverDrive account to enjoy eBooks, audiobooks, movies, and more from your library.

SIGN UP

HAVE AN ACCOUNT? SIGN IN

I am under 13 years old. Continue >

OverDrive - Library eBooks & Audiobooks

OverDrive

Bookshelf

No titles. Select "Add a library" to get started.

My libraries



Add a library

You can search for Columbia Public Schools or your individual school. Choose the school by clicking on the blue icon.

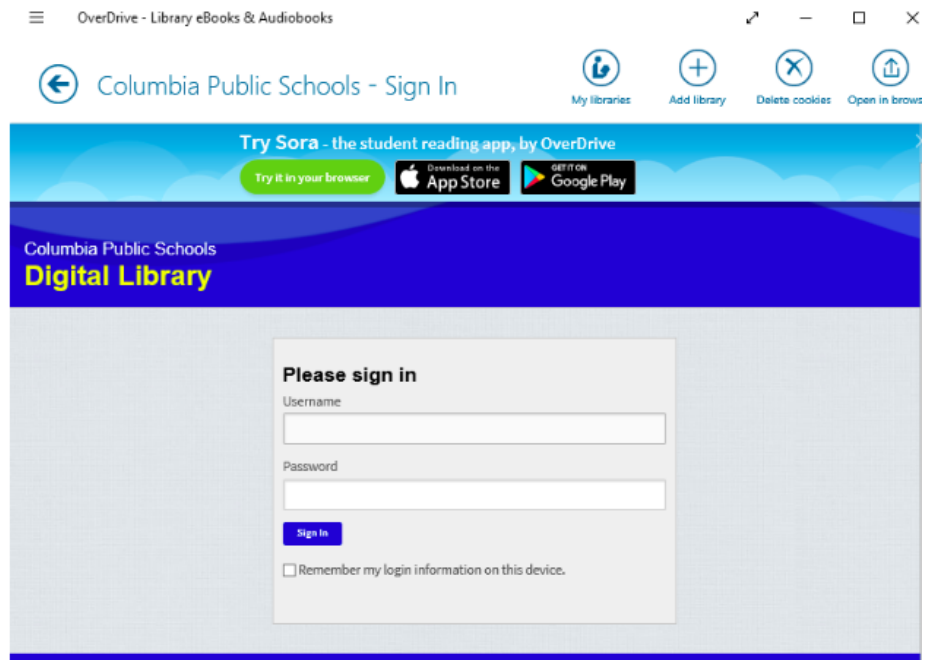
OverDrive - Library eBooks & Audiobooks

Add a library

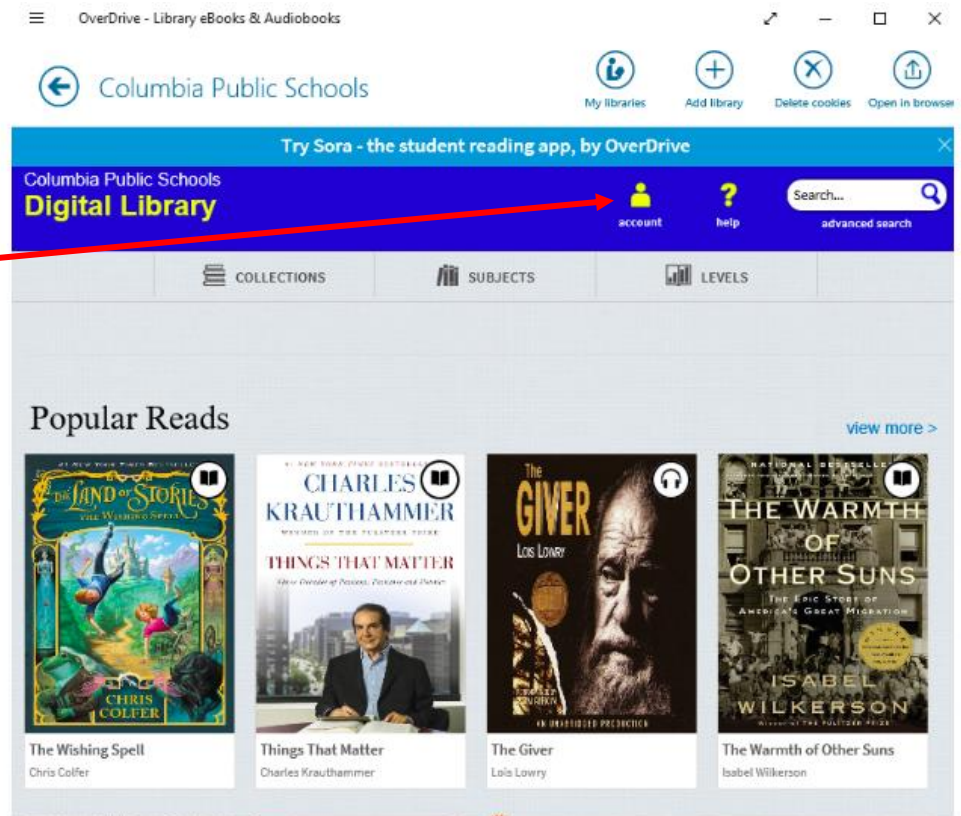
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|--|-----------------------------|
| Columbia Public Library
Columbia, Missouri, United States | Gentry M
Columbia, Miss |
| Daniel Boone Regional Library
Columbia, Missouri, United States | Douglass
Columbia, Miss |
| Boone
Columbia, Missouri, United States | West Bou
Columbia, Miss |
| Columbia
Columbia, Missouri, United States | Hickman
Columbia, Miss |
| Mill Creek Elementary
Columbia, Missouri, United States | Ridgeway
Columbia, Miss |
| Columbia Public Schools
Columbia, Missouri, United States | Russell B
Columbia, Miss |

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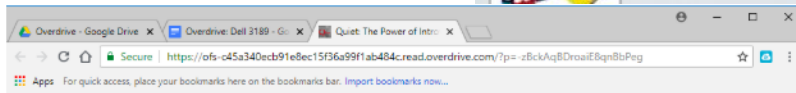
Expires in 13 days

Return Title

My Account:

Checkout limit:	3
Titles checked out:	3
Hold limit:	3
Titles on hold:	0
Wish list items available:	0

OverDrive SOFTWARE RESOURCES



every introvert is a bookworm or every extrovert wears lampshades at parties any more than we can say that every woman is a natural consensus-builder and every man loves contact sports. As Jung felicitously put it, "There is no such thing as a pure extrovert or a pure introvert. Such a man would be in the lunatic asylum."

This is partly because we are all gloriously complex individuals, but also because there are so many different kinds of introverts and extroverts. Introversions and extroversion interact with our other personality traits and personal histories, producing wildly different kinds of people. So if you're an artistic American guy whose father wished you'd try out for the football team like your rough-and-tumble brothers, you'll be a very different kind of introvert from, say, a Finnish businesswoman whose parents were lighthouse keepers. (Finland is a famously introverted nation. Finnish joke: How can you tell if a Finn likes you? He's staring at your shoes instead of his own.)

Many introverts are also "highly sensitive," which sounds poetic, but is actually a technical term in psychology. If you are a sensitive sort, then you're more apt than the average person to feel pleasantly overwhelmed by Beethoven's "Moonlight Sonata" or a well-turned phrase or an act of extraordinary kindness.

You may be quicker than others to feel sickened by violence and ugliness, and you likely have a very strong conscience. When you were a child you were probably called "shy," and to this day feel nervous when you're being evaluated, for example when giving a speech or on a first date. Later we'll examine why this seemingly unrelated collection of attributes tends to belong to the same person and why this person is often introverted. (No one knows exactly how many introverts are highly sensitive, but we know that 70 percent of sensitive are introverts, and the other 30 percent tend to report needing a lot of "down time.")

All of this complexity means that not everything you read in *Quiet* will apply to you, even if you consider yourself a true-blue introvert. For one thing, we'll spend some time talking about shyness and sensitivity, while you might have neither of these traits. That's OK. Take what applies to you, and use the rest to improve your relationships with others.

Having said all this, in *Quiet* we'll try not to get too hung up on definitions. Strictly defining terms is vital for researchers whose studies depend on pinpointing exactly where introversion stops and other traits, like shyness, start. But in *Quiet* we'll concern ourselves more with the fruit of that research. Today's psychologists, joined by

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