



The Introverted Lawyer

By **Heidi K. Brown**

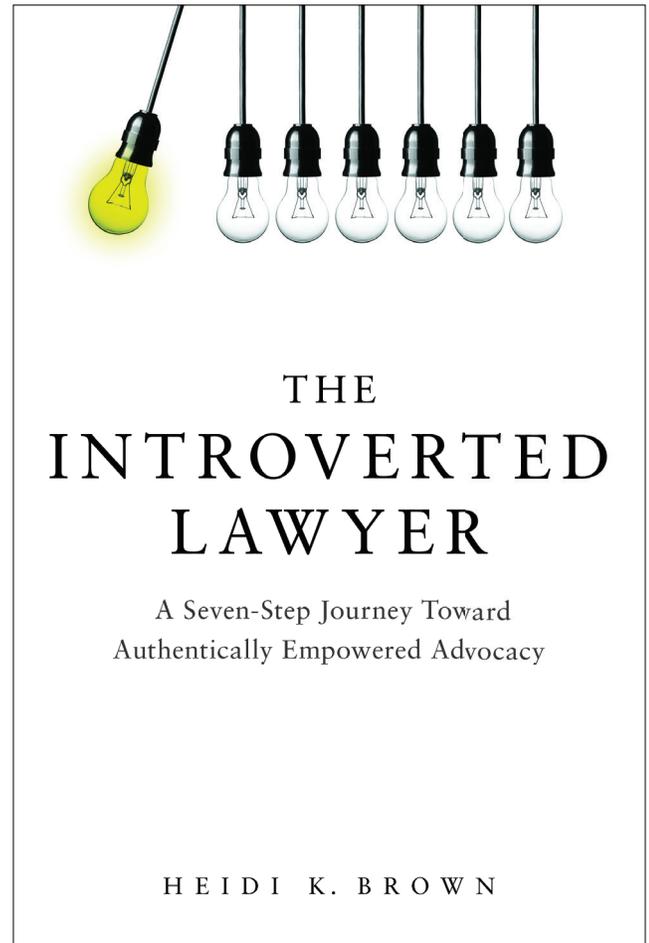
While naturally loquacious law professors, law students, lawyers, and judges thrive in a world dominated by the Socratic question-and-answer method and rapid-fire oral discourse, quiet thinkers and writers can be sidelined. *The Introverted Lawyer* (2017) illuminates the valuable gifts that introverted, shy, and socially anxious individuals bring to the legal profession – including active listening, deep thinking, empathy, impactful legal writing, creative problem-solving, and thoughtful communication.



The first half of this book:

- Explains the differences among introversion, shyness, and social anxiety and how each can manifest in the legal context.
- Explores the impact on quiet individuals of the push toward extroversion in law school and law practice.
- Highlights greatly valued proficiencies that quiet individuals offer the legal profession through nurturing instead of repressing innate strengths.

The second half of this book outlines a practical seven-step process to empower introverted, shy, and socially anxious individuals to amplify their voices without compromising their quiet assets.



Paperback and eBook

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Author **Heidi K. Brown** is a former litigator in the construction industry who struggled with extreme public speaking anxiety and the perceived pressure to force an extroverted persona throughout law school and nearly two decades of law practice. She finally embraced her introversion and quiet nature as a powerful asset in teaching and practicing law.

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