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.