

FROM
THE GREEN
NOTEBOOK



THE PODCAST



“Your true source of creativity and human connection comes from your ability to integrate sorrow as well as joy.”

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SUSAN CAIN

Author of *Quiet* and *Bittersweet*

Susan Cain, author of [Quiet: The Power of Introverts in a World That Can't Stop Talking](#) joins the show to discuss her latest book [Bittersweet: How Sorrow and Longing Make Us Whole](#). Joe and Susan talk about the power of harnessing our pain and struggles and turning them into creativity, connection, and transcendence.

[Click here](#) to listen to the episode

About Susan (@Susan Cain)

Susan Cain is the author of the bestsellers *Quiet Journal*, *Quiet Power: The Secret Strengths of Introverts*, and *Quiet: The Power of Introverts in A World That Can't Stop Talking*, which has been translated into 40 languages, is in its seventh year on the New York Times best seller list, and was named the #1 best book of the year by Fast Company magazine, which also named Cain one of its Most Creative People in Business.

LinkedIn named her the 6th Top Influencer in the world. Susan has partnered with Malcolm Gladwell, Adam Grant and Dan Pink to launch the Next Big Idea Book Club and they donate all their proceeds to children's literacy programs.

Her writing has appeared in The New York Times, The Atlantic, The Wall Street Journal, and many other publications. Her record-smashing TED talk has been viewed over 30 million times on TED.com and YouTube combined, and was named by Bill Gates one of his all-time favorite talks.

Cain has also spoken at Microsoft, Google, the U.S. Treasury, the S.E.C., Harvard, Yale, West Point and the US Naval Academy. She received Harvard Law School's Celebration Award for Thought Leadership, the Toastmasters International Golden Gavel Award for Communication and Leadership, and was named one of the world's top 50 Leadership and Management Experts by Inc. Magazine. She is an honors graduate of Princeton and Harvard Law School. She lives in the Hudson River Valley with her husband and two sons.

Visit Cain and Quiet at <http://www.quietrev.com>.

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