

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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HOIST  
IV-LEVEL HYDRATION

**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.

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