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THE INTROVERTED LAWYER

A Seven-Step Journey Toward
Authentically Empowered Advocacy

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A stereotype bias exists in law school and legal practice favoring the garrulous extrovert. While loquacious law students, professors, lawyers, and judges thrive in a world dominated by the Socratic Method and rapid-fire oral discourse, quiet thinkers and writers can become sidelined. Introverted, shy, or socially anxious law students and lawyers often question their place in the legal arena, though research reveals they offer much-needed gifts to the profession, including active listening, empathy, contemplative analysis, and impactful writing. As legal education and law practice adjust to economic shifts and changing client mindsets, this is a prime opportunity for the legal community to make room for subtler voices. The Introverted Lawyer invites that dialogue into the legal profession. This book explains the differences among introversion, shyness, and social anxiety and how each manifests in the legal context; describes how the extrovert bias in law school and practice detrimentally can impact quiet individuals, fueling enhanced anxiety in a vocation already fraught with mental health issues; explores how quiet law students and lawyers offer greatly needed proficiencies to the legal profession; and finally, presents a seven-step process to help introverted, shy, and socially anxious individuals amplify their authentic lawyer voices, capitalize on their natural strengths, and diminish unwarranted stress. The Introverted Lawyer provides practical, tangible steps for individual growth, as well as a sound platform to enable caring professors, law office mentors, and bar association representatives to educate themselves, their students, and developing lawyers about this important and often overlooked issue.

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