



The Introvert and Extrovert in Love: Making It Work When Opposites Attract

By Marti Laney PsyD MFT, Michael Laney



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The Innie and Outie Guide to a Great Relationship

We use the words everyday, but what does it really mean to be an introvert or an extrovert? And what does it mean to be an introvert in a romantic relationship with an extrovert? Can it work? Surprisingly, psychologists tell us that despite their obvious differences, introverts and extroverts can enjoy a strong, stable-and fun-relationship. The key to introvert/extrovert bliss lies in understanding what makes the other person tick and using your differences to help balance and enrich the relationship.

This book offers advice for making it happen:

- Learn how innies and outies process information and communicate differently
- Discover ways to create a fulfilling social life for yourself and your partner
- Find creative ways to blend decision-making and future-planning styles
- Get past the dangerous question, why can't you be more like me?
- Turn up the heat in the introvert/extrovert bedroom

The book is based on current scientific research and innie/outie interviews. It is also based upon the authors' personal experiences as a mixed couple—introvert Marti Olsen Laney and extrovert Michael Laney have been happily married for more than forty-two years. They must be doing something right!

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Editorial Review

Review

From the Publisher

The (introvert) best-selling author of *The Introvert Advantage* teams up with her (extrovert) husband to offer this warm and witty collection of tips for making the most of differing social needs, conflict styles, and personal priorities that are common to these kinds of "mixed" relationships.

About the Author

Marti Olsen Laney, PsyD, MFT, is a psychotherapist, researcher, author, consultant, and lively public speaker. Her first book, *The Introvert Advantage: How to Thrive in an Extrovert World*, has become nationally recognized as the book on introversion and has been translated into fifteen languages. Her second book, *The Hidden Gifts of the Introverted Child: Helping your Child Thrive in an Extroverted World*, has been widely acclaimed by school counselors, therapists, and parents. Marti has appeared on more than two-hundred radio and television programs in America and Canada. Marti, an introvert, has been married for forty-two years to her extrovert husband, Michael.

Michael L. Laney, MBA, CPA, is a business consultant providing organizational development, strategic planning, and advisory board-of-director services. He is certified in the Myers-Briggs Type Indicator (MBTI). He has consulted with his wife, Marti, on her book projects and was the roadie on each of her book tours. He has appeared on several radio and television shows with his Marti to discuss the ins and outs of their introvert-extrovert relationship.

Users Review

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