

# **The Awakened Introvert: Practical Mindfulness Skills To Help You Maximize Your Strengths And Thrive In A Loud And Crazy World By Arnie Kozak PhD**

**By Arnie Kozak PhD**

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The following is a guest post written by Arnie Kozak, PhD, author of The Awakened Introvert: Practical Mindfulness Skills to Help You Maximize Your A loud

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