



Adam S. McHugh, author of *Introverts in the Church: Finding Our Place in an Extroverted Culture* (Revised and Expanded)
Available August 1, 2017
 \$18, 240 pages, paperback
 978-0-8308-4391-6

Find Adam on Twitter:
 @adamsmchugh.

Visit Adam's website:
 adamsmchugh.com

Award-Winning Author Continues the Conversation on Introversion

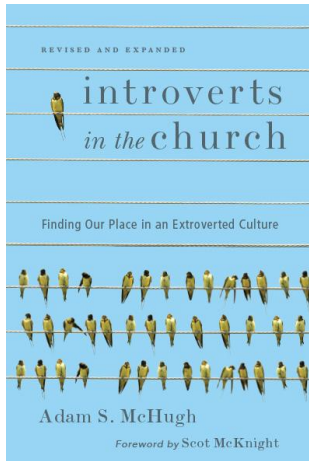
Adam McHugh has been writing about introversion for eleven years, providing thoughtful insights on a topic that came to the cultural fore with Susan Cain's 2012 blockbuster, *Quiet: The Power of Introverts in a World That Can't Stop Talking*, and her TED talk that has been viewed over thirteen million times.

Adam's revised and expanded *Introverts in the Church* adds to this dialogue, looking specifically at how introverts can serve, lead, worship, and even evangelize effectively in the church as well as how leaders can make their churches more welcoming to introverts.

Adam is a regular contributor to Susan Cain's Quiet Revolution website and has been interviewed at places like *Psychology Today*, *Christ and Pop Culture*, and *Publishers Weekly*. He is also the author of *The Listening Life*, which received several commendations, including the 2017 *Christianity Today* Book Award for spiritual formation, the Logos Association Bookstore Award for Best Christian Living Book of 2016, *Bookwi.se's* Favorite Books of the Year in Non-Fiction, and the 14th Annual *Outreach Magazine* Resource of the Year in Christian Living.

Adam has a master of theology degree from Princeton Theological Seminary and is an ordained Presbyterian minister and spiritual director. He has served at two Presbyterian churches, as a hospice chaplain, and as campus staff with InterVarsity Christian Fellowship.

"Discussions about personality type always receive some pushback. . . . Yet I persist in writing about introversion because millions of people continue to find the definition helpful, illuminating, and liberating," Adam says. "Introversion is not my gospel or my core identity, but while I still struggle with it at times, I can truly say at this point that I wouldn't want to be any other way."



Introverts in the Church: Finding Our Place in an Extroverted Culture (Revised and Expanded)

Available August 1, 2017

\$18, 240 pages, paperback

978-0-8308-4391-6

"I am amazed at how widespread this discussion [on introversion] has become. It would seem that staying in is the new going out. While I, of course, celebrate that, I have become troubled that these introversion conversations drift in a particular direction, and that is in pointing out what we are not. . . . That is one of the major changes that I have made in this new edition: I have tried to place even more emphasis on celebrating our temperament and embracing the gifts we have to offer society and the church. Let's rejoice in what we are."

— Adam McHugh, author of *Introverts in the Church*

INTERVARSITY PRESS

Visit ivpress.com/media



Celebrating the Gifts Introverts Bring to Society and the Church

When the first edition of *Introverts in the Church* was released, a dear friend and mentor wrote one of the first book reviews. It began like this: "*Introverts in the Church*. No, this is not a joke." And here I thought the title was significantly less funny than some of the working titles I played with:

1. Introverts in the Hands of an Extroverted God
2. Girl Meets Introvert, Keeps Looking
3. Left Behind, and Happy About It

Surprisingly, InterVarsity Press rejected those options. We compromised on a somewhat boring though effectively descriptive title, but apparently "*introverts in the church*" can also function as a punch line. Apparently it summons images of people diving under the pews during the church greeting time like a Cold War air raid drill.

Introversion, however, has become a much more serious topic since the first edition was published. Back then, IVP's director of sales had to persuade his colleagues to run with my idea, and he told me, "It's not a very sexy topic, but we see the need for such a discussion." Yet, seven years later when I submitted the manuscript for my second book, *The Listening Life*, they said, "Well, listening is an important topic, but it's not as sexy as your first book."

Somewhere along the way, introverts got sexy. That quiet, awkward kid you knew in school grew up, developed some confidence, and is now on the cover of *Strong & Silent* magazine. And for so many reasons, he's not taking your call.

We are now living in the era of the "Quiet Revolution," launched by the release of Susan Cain's 2012 blockbuster, *Quiet: The Power of Introverts in a World That Can't Stop Talking*, and her TED talk that has been viewed over thirteen million times. Many of my readers discovered *Introverts in the Church* after reading *Quiet*, so they assumed my book came out after hers, as the Christian knockoff, the introversion that's safe for your entire family. But no, my book preceded hers by three years, and many have said that *Introverts in the Church* was the match that ignited the introverted fire. (No one has said this.)

I have been writing about introversion for eleven years now. That's a surprising number of words about being quiet. Contrary to the belief of those who only know me online, I do think about other things besides personality type, but introversion does have a way of creeping into my everyday thoughts. As I pour my cereal in the morning, I wonder, "What type of cereal do introverts prefer? Shredded Wheat has substance and depth, but Lucky Charms has layers of meaning, and the more you eat it, the more you learn about it." Then I

FOR MORE INFORMATION AND TO SCHEDULE AN INTERVIEW CONTACT THE INTERVARSITY PRESS PUBLICITY TEAM:

Alisse Wissman, print publicity, at 800.843.4587 ext. 4059 or awissman@ivpress.com

Krista Clayton, broadcast and online publicity, at 800.843.4587 ext. 4013 or kclayton@ivpress.com

ivpress.com/books



snap back, realize I am psychoanalyzing my cereal, and consider pouring the green-colored milk over my head. Because obviously I went with Lucky Charms. Introverts love symbols.

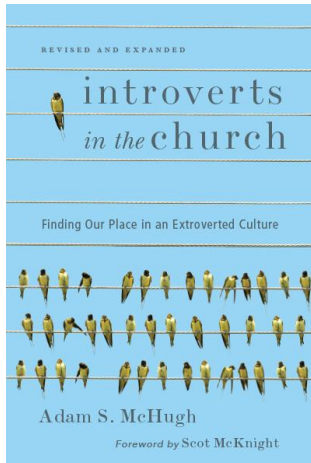
A lot of my fellow introverts are also finding their words these days, as so many of us have taken up our keyboards in defense of our disposition. I am amazed at how widespread this discussion has become. It would seem that staying in is the new going out. While I, of course, celebrate that, I have become troubled that these introversion conversations drift in a particular direction, and that is in pointing out what we are *not*. I cringe when I see articles with titles such as “Why Introverts Hate Small Talk” or worse: “I Am an Introvert, Leave Me Alone!” And while I have been known to ask, Why is it that when my cat streaks under the bed when the doorbell rings it’s “adorable,” but when I do it, people say it’s “disturbing” and that I “need help”? I realize in doing so I am feeding the impression that we are misanthropic weirdos.

My genuine concern is that we are giving the world the impression that ours is an orientation defined by what we lack. We aren’t gregarious, excitable, or charismatic. We dislike crowds and loud stimulation. We have less energy. Sometimes it’s implied that we don’t like other people or that we don’t value Christian community. It seems that extroversion gets to be defined by what it is, but introversion is too often defined by what it isn’t.

I know the confusions circling about the introverted temperament in an extroverted society, and I understand why we introverts can feel defensive about our social patterns. I know that introverts continue to struggle in Christian culture. But our temperament is now part of a broader cultural dialogue, and my hope is that we can move away from a defensive posture into a more constructive one. Now that we know up to half of the population falls on the introverted side of the spectrum, we no longer have to fight like we are backed into a corner.

That is one of the major changes that I have made in this new edition: I have tried to place even more emphasis on celebrating our temperament and embracing the gifts we have to offer society and the church. Let’s rejoice in what we *are*.

– Taken from the preface to the revised and expanded edition



Introverts in the Church: Finding Our Place in an Extroverted Culture (Revised and Expanded)

Available August 1, 2017
\$18, 240 pages, paperback
978-0-8308-4391-6

“Deeply felt and beautifully reasoned guide for introverts in the church”

“As an author and consultant, I have seen firsthand the struggles that introverts face in a society built for extroverts. But I have also seen how powerful introverts can be once they embrace the gifts of a quiet and thoughtful temperament. In this deeply felt and beautifully reasoned guide for introverts in the church, pastor Adam McHugh shows the way for introverted Christians to find peace within themselves and their community.”

— **Susan Cain**, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*

“For the longest time, I’ve considered my wiring as an introvert a thorn in my side. After spending time engaging with others, I felt so empty and overwhelmed . . . and lonely. With my calling as an author and pastor requiring me to publicly speak and consult, I wondered if I misunderstood my place in this world. In *Introverts in the Church*, Adam brings a voice to those of us who often trade ours in for a little bit of respite. This is not only a needed resource for introverts; all leaders need to read *Introverts in the Church* for a better understanding of how introverts can lead, how they follow, and how they refresh.”

— **Anne Marie Miller**, pastor, blogger, and author of *Mad Church Disease: Overcoming the Burnout Epidemic*

“What a timely and badly needed book! *Introverts in the Church* will encourage thousands of Christians who have felt as if they don’t quite fit. It will help them find their rightful place in Christian community, so that their gifts might be well used in the work of the kingdom. This book will also help churches to be a place where all people can flourish as disciples of Jesus. Adam McHugh has given us a precious gift through his openness, theological soundness, and godly wisdom.”

— **Mark D. Roberts**, executive director, Max De Pree Center for Leadership, Fuller Seminary

“As an introvert who has experienced both the strengths and weaknesses of my temperament, I appreciate the way McHugh goes well beyond the facile stereotypes and conclusions of armchair psychologists. If you’ve ever felt vaguely sinful for not being a gregarious Christian, I suggest you spend some quality time alone with a copy of *Introverts in the Church*.”

— **Don Everts**, minister of outreach, Bonhomme Presbyterian Church, Chesterfield, Missouri, and author of *I Once Was Lost*

“As a fellow introvert, I well know the tension, irony, and even contradiction of being in



ENDORSEMENTS

vocational ministry where public speaking and being with people are major and vital parts of our roles. This book puts together extremely helpful thinking to better understand who we are and how to navigate and celebrate being introverted and in leadership in an extroverted world.”

– **Dan Kimball**, author of *They Like Jesus but Not the Church*

“Introverts, take heart! As an introvert myself – an off-the-chart ‘I’ on the Myers-Briggs – I find certain aspects of church life, like speaking to other human beings every Sunday, really taxing. McHugh thoughtfully explores the gifts introverts bring to the church, and he considers both how introverts can live well in the church and how churches can be more hospitable to us.”

– **Lauren F. Winner**, Duke Divinity School, author of *Girl Meets God*

“This is a book that all leaders in the church should read! It made me realize that I owe an apology to all the introverts whose insights and contributions I have not understood or have overlooked. McHugh’s perceptions are crucial for churches in our extremely extroverted society; we are missing some of God’s best treasures for Christ’s body. I highly recommend this book to everyone who wishes more thoroughly to understand the Holy Spirit’s creation of a diversity of personalities and gifts.”

– **Marva J. Dawn**, teaching fellow in spiritual theology, Regent College, Vancouver, British Columbia, and author of *My Soul Waits*, *Keeping the Sabbath Wholly*, and *In the Beginning, GOD*