

Making It Work When Opposites Attract



Innie or Outie: Which Are You?

The saying is that opposites attract, but how do contrasting temperaments impact a relationship when half of the happy couple is happiest in bed with a book, while the other half thrives on group dynamics and a full event calendar? When introverts and extroverts get together romantically conflicts are bound to arise — the good news is that these differences can be resolved by following the expert advice offered by authors and happily married couple Marti Olsen Laney (introvert) and Michael L. Laney (extrovert) in their new book ***The Introvert & Extrovert In Love*** (New Harbinger; \$14.95).



Dr. Marti Olsen Laney, America's foremost authority on Introversion, teamed up with her extroverted husband to write this ground-breaking book on Innie/Outie Relationships. They based the book on scientific studies, current neurological findings, interviews with other "innie/outie" couples, and their own forty-two years in a "mixed" marriage.

The Laney's claim that introverts and extroverts can enjoy strong and stable relationships with each other. The key to bliss is to understand what makes the other person tick and using the differences to help balance and enrich the relationship. Their new book, peppered with funny anecdotes, shows readers how to mold their relationship into one that is solid, happy, and mutual respectful.

The Introvert & Extrovert in Love contains tried-and-true tips, suggestions and guidance to teach couples their partner's innie or outie language, how to blend their different decision making styles, and when to balance their different energy and social needs. Through understanding each other, stresses are reduced, enjoyment is increased and couple satisfaction is enhanced.

Readers will learn to understand the different ways that introverts and extroverts process information and communicate; how to create a social life that is fulfilling for both partners; and how to deal with decision-making and planning for the future. The Laney's also help readers get past the dangerous question, "why can't you be more like me?" and learn to accept, and eventually treasure, what makes their partner different.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

The Introvert & Extrovert In Love: Making It Work When Opposites Attract
by Marti Olsen Laney, Psy.D., MFT, and Michael L. Laney
Published in April 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$14.95, Paperback, ISBN-10: 1-57224-486-0
ISBN-13: 978-1-57224-486-3, 6 x 8, 216 pages

Introvert

- ♥ They think before they act or speak.
- ♥ They make good eye contact when listening, less so when speaking.
- ♥ When speaking they have soft voices, appear calm, pause frequently, may sound hesitant, and may hunt for words.
- ♥ They enjoy solitude and feel drained after too much socializing.
- ♥ They prefer one-on-one conversing to party patter.
- ♥ They have one or two good friends.

Extrovert

- ♥ They shoot from the hip and the lip.
- ♥ They act first and think later.
- ♥ They have good eye contact when speaking, less so when listening.
- ♥ When speaking they show facial expressions, move their body, interrupt others, speak loudly, sound authoritative, and have a silver tongue.
- ♥ They enjoy excitement, plenty of activities, and socializing and feel drained by too much solitude.
- ♥ They consider lots of folks to be their friends.
- ♥ They love party chatter.

about the authors



Marti Olsen Laney, Psy.D., MFT, is a marriage and family therapist, consultant, and public speaker. She is also the executive director of the Institute for the Study of Introverted Temperaments. Dr. Laney is the author of the books *The Introvert Advantage: How to Thrive in an Extrovert World* (more than 150,000 sold) and *The Hidden Gifts of the Introverted Child*.

Michael L. Laney owns a business consultation firm and has been a career upper manager for thirty years in Fortune 50, public, and family-owned businesses, among them the Walt Disney Company and Warner Brothers. He has worked with his wife, Marti Olson Laney, on her book projects as a consultant and helps run their Web site www.introvertadvantage.com. Mr. Laney has appeared on radio shows with his wife to discuss the ins and outs of introvert-extrovert relationships and has accompanied her on book tours.

Marti and Michael Laney reside in Portland, Oregon.

suggested interview questions

- What does it mean to be introverted? What is an extrovert?
- Does a person's sex have anything to do with whether they are introverted or extroverted? For example, are men more likely to be extroverted, and women introverted?
- Could you briefly discuss the dynamics in the following relationships:
 1. Introvert male/Extrovert female
 2. Extrovert male/Introvert female
 3. Introvert male/extrovert male
 4. Extrovert female/introvert female
- Would two introverts (or two extroverts) necessarily make a more harmonious couple than an extrovert and an introvert?
- What are some common problems that occur in introvert-extrovert relationships?
- In your book you say that watching films depicting "innie-outie" relationships can be helpful; why is that? What are some films that you would suggest?
- As someone who has had a successful extrovert-introvert marriage for so many years, what would you say has been the biggest benefit of marriage with an introvert (for Michael) / extrovert (for Marti)?

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

The Introvert & Extrovert In Love: Making It Work When Opposites Attract
by Marti Olsen Laney, Psy.D., MFT, and Michael L. Laney
Published in April 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$14.95, Paperback, ISBN-10: 1-57224-486-0
ISBN-13: 978-1-57224-486-3, 6 x 8, 216 pages

Introvert Party/Extrovert Party excerpts from *The Introvert & Extrovert In Love*



Innie & Outie Hardwiring

We are all born with two basic brain and body energy systems. The introverted system restores energy when we are focusing internally by relaxing, musing over ideas, planning, imagining, meditating, thinking, and feeling. The extroverted system energizes the mind and body when we are out in the world involved with people, things, and activities. Everyone uses both systems, but we function and feel our best when we are in our comfort zone.

Scheduling A Weekend

Marti has always hated jam-packed weekends. Nowadays, she only books one social gathering per weekend. Years ago, however, when our daughters were young, weekends jammed up quickly. Mike, on the other hand, likes a well-stocked calendar. One holiday season Mike sat down to fill Marti in on our upcoming engagements. His eyes sparkled; his face glowed in the reflection of his glossy calendar. "December 16 is my office party. Do you want to go? The seventeenth is our daughter's soccer game followed by the team's holiday pizza party. The eighteenth is the McFineys' open house." Mike looked up at Marti with complete innocence and said, "We owe the Smiths; what about inviting them for dinner on the nineteenth?" Marti's head was spinning. She staggered toward a chair. "That's the last straw," she managed to spurt out. "We need a social engagement agreement, signed in blood."

Attending A Party

Mike had planned a large rootin', tootin' cowboy-themed party at Warner Brothers' Western back lot in Burbank that would attract a lot of potential animators to the company's Feature Animation division. Everyone would be armed with water pistols and could swagger down the dusty "streets" like Gary Cooper preparing for a shootout in the movie *High Noon*. The party was just getting started about nine o'clock in the evening when Mike called Marti to try to persuade her to join him. "It's a great party; come on over." "Sounds like you're having a great time," Marti said. The image of watching a bunch of rowdy strangers shooting each other with water pistols sounded less than enticing to her. And it paled in comparison to her toasty bed, a mystery novel, and flannel jammies. Mike phoned Marti again around ten o'clock and tried once more to talk her into coming over, thinking, How could Marti pass this great experience up? It never occurred to him that Marti was already having a good time.

Vacations

When our hotel room door slams shut, the vacation begins for Marti. She fills the tub, sprinkles in some bath salts, orders room service, checks out the skyline, and buys an in-room movie. She slips between the cool sheets and sinks back onto the crisp pillows. She sighs and relaxes — she is on vacation. Mike, on the other hand, is raring to go. First, he scouts out the hotel. He returns with a lilt in his step and a plethora of details to report. Mike gives Marti a blow-by-blow account of the hotel's features, and then he leaves again to explore the blocks around the hotel. When he comes back to give Marti his impressions of the local neighborhood and tell her his ideas about the next day's agenda, she's very likely already asleep.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

The Introvert & Extrovert In Love: Making It Work When Opposites Attract
by Marti Olsen Laney, Psy.D., MFT, and Michael L. Laney
Published in April 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$14.95, Paperback, ISBN-10: 1-57224-486-0
ISBN-13: 978-1-57224-486-3, 6 x 8, 216 pages

Introvert Party/Extrovert Party excerpts from *The Introvert & Extrovert In Love*



Surprise Parties

Mike loves to throw surprise parties. On the night of the second surprise party he'd thrown for Marti, he led her to believe that they would be celebrating her birthday at a restaurant in Los Angeles. As they drove over the hill toward the lights of the city, Marti's tummy was growling because she had been saving calories for her birthday dinner. Approaching the restaurant after the half-hour drive, Mike said, "Oh my gosh. I forgot my wallet." Since Marti had only lip gloss and Kleenex in her purse, she knew we had to return home. Mike called home and asked the babysitter to see if his wallet was there (really to check if everyone was primed for our return). Marti was feeling faint from hunger by this time, and she was angry and frustrated that Mike had not checked for his wallet earlier.

We pulled into our driveway and he hopped out of the car. "Come on in," he said. "No, it will just take you a minute, Mike, so I'll just stay in the car," Marti said. "Grab some crackers for me while you're inside." In a flash he returned, without the crackers, and went over to her window. "You'd better come in. I think there's a water leak in the kitchen," he said. Marti scrambled out of the car and made tracks to the front door. She had barely opened the door when shouts of "Happy birthday" blasted her eardrums. She jumped about a foot off the floor. Jolts of adrenaline rattled her body. It took her several moments to realize that it was a surprise party.

Although she did end up having fun, it took her days to recover from the surge of adrenaline. That night, after all the guests had left, Mike said he thought it was the best surprise party he had ever thrown. Marti shot him a serious glare and said, "Never again, if you want to stay married."

There have been no more surprise parties.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142; earlita@newharbinger.com**

The Introvert & Extrovert In Love: Making It Work When IOpposites Attract
by Marti Olsen Lany, Psy.D., MFT, and Michael L. Laney
Published in April 2007 by New Harbinger Publications
800-748-6273 www.newharbinger.com \$14.95, Paperback, ISBN-10: 1-57224-486-0
ISBN-13: 978-1-57224-486-3, 6 x 8, 216 pages