

# Cultivation of Friendship within Epicureanism

**Post by “Don” of November 29, 2022 at 11:26 AM**

Cain's book was a revelation for me. Specifically, she talked about introverts who can be gregarious at parties, great public speakers, etc., but who also get exhausted by that (even though they find it enjoyable!) and need alone time to "recharge their batteries." I was like "Hey! I recognize that person!"

I hope you enjoy it. I think she has some videos or TED Talks on her introvert research too if you don't want to read the whole book.