

# Susan Cain

## BIO

SUSAN CAIN is the author of the global sensation and #1 New York Times Bestseller QUIET, and the instant #1 New York Times Bestseller BITTERSWEET, an Oprah Book Club Selection, and a children's book called LUCKY AND NORMAN.

She has spent the last twenty years exploring a particular realm of human nature: the quiet, the sensitive, the thoughtful, the bittersweet. It has always seemed clear to her - and to her millions of readers - that this way of being can lead to a richer, deeper form of happiness.

Susan has also been named one of Watkins' Most Spiritually Influential Living People in the World, and LinkedIn named Susan the Top 6th Influencer in the World.

Her books have been translated into 40+ languages, and her record-smashing TED talks have been viewed over 50 million times on TED and YouTube combined.

Susan is the host of the QUIET LIFE Substack community, and her newsletter is read by people in all 193 countries and all 50 American states. Join her at [TheQuietLife.net!](https://TheQuietLife.net)