

EPISODE **127**

# More Calm, Less Guilt, and Quiet Joy: Introverting (and Extroverting!) as a Mom

Guest: Jamie Martin

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## Meet Jamie



Jamie Martin is the editor and co-founder of Simple Homeschool, and the author of several books including *Give Your Child the World* and *Steady Days*.

Her new book is called *Introverted Mom: Your Guide to More Calm, Less Guilt, and Quiet Joy*. It releases May 7, 2019.

## In This Episode

Jamie and Sarah discuss Jamie's new book, and introverted and extroverted mothering. They also chat finding more calm and less guilt in our days and why extroverted moms can feel tapped out too.



## The Listening Guide

Use this guide to skip to parts that most interest you, or listen to the entire podcast.

- **1:18** WholeFamily Book Clubs, drawing workshops and more
- **3:03** Books for sensitive kids
- **7:37** Introverted and extroverted motherhood
- **9:12** The personality spectrum
- **11:39** Where we need TLC
- **14:28** Specific challenges for introverts and extroverts
- **15:23** Self-care versus self-improvement
- **16:57** A change for the better
- **20:17** Introverted authors
- **26:21** Little House adventures
- **28:40** Pre-ordering and bonuses
- **31:47** Sarah's favorite chapters
- **33:57** 'Books have been my counselors'
- **35:52** Let the Kids Speak

"Books have been my counselors. They keep me company through late nights, never too tired to answer my call, giving helpful guidance right when I need it. **They overflow with wisdom and experience.**" - Jamie Martin, Introverted Mom



## Quotes and Questions

### \* A 'delightful surprise'

"When I read this book, I thought ... I expected when I first picked it that I was going to be reading a book that would help me understand my introverted mom friends better. But, oh boy, **I was in for a delightful surprise.**"

### \* Introverts love people ...

"Introverts love people, but time with people, even their close relationships in terms of family relationships, the people that they love most, over time, that will still eventually drain them and **they'll need to unplug in order to recharge** and be ready for more people time."

### \* It all works ...

"When I get what I need, then I'm really able to offer my best to my family, and they get what they need, and **then it all works.**"

### \* The way you are made ...

"I think when we can realize that about the people in our home, our children, our spouses, our neighbors, our friends, **this can change the way we interact with people**, because it gives us a little more empathy. Right? It helps us understand, 'This is the way you are made.'"



## Show Notes

### Books from today's episode:

- Introverted Mom
- Give Your Child the World
- The Secret Garden
- Books by Dorothy Canfield Fisher
- Little Women
- The Penderwicks
- Pride and Prejudice
- Steady Days
- Books by Eleanor Estes
- The Rise and Fall of Mount Majestic
- The Vanderbeekers of 141st Street
- Books by Elizabeth Enright
- The Vanderbeekers and the Hidden Garden
- Mr. Popper's Penguins
- The 21 Balloons
- The Vanderbeekers to the Rescue
- A Long Fatal Love Chase
- The Blythes are Quoted
- The Road to Yesterday
- Sense and Sensibility
- Jane of Austin
- Pioneer Girl



**Other links from today's show:**

- **Join us in Membership!** Go to [RARmembership.com](http://RARmembership.com), and request an invite for when membership opens **May 6 - May 10**
- Jamie's site - [Simple Homeschool](http://SimpleHomeschool.com)
- [RAR #48: Give Your Child the World Raising Globally Minded Kids One Book at a Time, Jamie Martin](#)
- [RAR #11: Using the Library Without Losing Your Mind, Jamie Martin](#)
- [Jamie's Laura Ingalls Wilder tour](#)
- [A Little House Virtual Field Trip](#)
- [How to get bonus materials that go with Jamie's book](#)

To find more resources to help you build your family culture around books, visit [ReadAloudRevival.com](http://ReadAloudRevival.com).