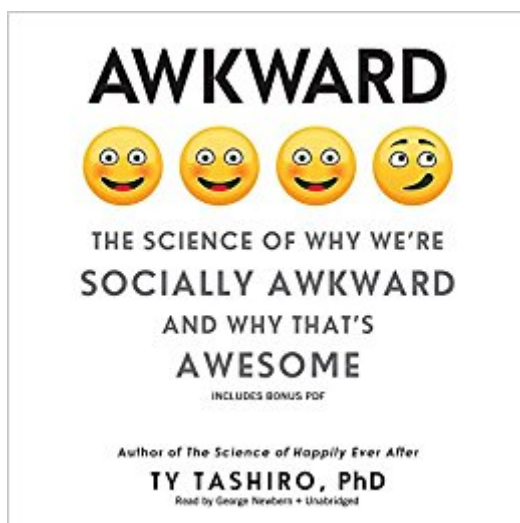


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# Awkward: The Science Of Why We're Socially Awkward And Why That's Awesome



## Synopsis

[Read by George Newbern]How can the same traits that make us feel uneasy in social situations also provide the seeds for extraordinary success?As humans, we all need to belong. While modern social life can make even the best of us feel gawky, for roughly one in five of us, navigating its challenges is consistently overwhelming -- an ongoing maze without an exit. Often unable to grasp social cues or master the skills and grace necessary for smooth interaction, we feel out of sync with those around us. Though individuals may recognize their awkward disposition, they rarely understand why they are like this -- which makes it hard for them to know how to adjust their behavior.Psychologist and interpersonal relationship expert Ty Tashiro knows what its like to be awkward. Growing up, he could do math in his head and memorize the earned run averages of every National League starting pitcher. But he couldn't pour liquids without spilling and habitually forgot to bring his glove to Little League games. In *Awkward*, he unpacks decades of research into human intelligence, neuroscience, personality, and sociology to help us better understand this widely shared trait. He explores its nature vs. nurture origins, considers how the awkward view the world, and delivers a welcome counterintuitive message: the same characteristics that make people socially clumsy can be harnessed to produce remarkable achievements.Interweaving the latest research with personal tales and real world examples, *Awkward* offers reassurance and provides valuable insights into how we can embrace our personal quirks and unique talents to harness our awesome potential and more comfortably navigate our complex world.

## Book Information

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## Customer Reviews

"Tashiro has become an evangelist for his kind...positing that there's an upside to all this nerding out.... In many ways "Awkward" is a memoir...packed with vignettes from the author's childhood, even as it loops in scientific studies and Darwinian theory." (Washington Post)"In "Awkward," Ty Tashiro expertly blends humorous anecdotes with the latest research findings to illustrate the unique skills often associated with awkwardness. It is a must read for anyone who is awkward or knows someone awkward." (Patricia Frazier, Ph. D., associate chair of the Department of Psychology and Distinguished McKnight University Professor, University of Minnesota)"This book is a refreshing reminder that uniqueness and eccentricities are strengths, not liabilities. A gift for everyone who has worried about fitting in and being judged by other people. Entertaining and practical." (Dr. Todd B. Kashdan, author of The Upside of Your Dark Side and Curious?)"Complete with exercises, quizzes, sound advice, and a practical yet supportive tone, Tashiro offers the closest thing to a roadmap for happily-ever-after." (Publishers Weekly (starred review))"Five-Stars." (San Francisco Review of Books)"An academic and psychologist examines the 'quirks and unique talents of awkward individuals' and why it's not so bad to be awkward...the author assures that awkwardness can be a gift and that one can be grateful for it." --(Kirkus Reviews)"Mixing personal anecdotes with summaries of psychological studies, Tashiro effectively delivers an informative and engaging pop psychology piece on what it's like to be socially challenged." --(Library Journal)"Illustrating his points with fascinating examples, Tashiro discusses the way awkward people deal with emotional situations...and, how we can learn to love our own awkwardness to bring out the best in ourselves. An entertaining mix of social science and pop psychology." --(Booklist Online)

How can the same traits that make us feel uneasy in social situations also provide the seeds for extraordinary success?As humans, we all need to belong. While modern social life can make even the most charismatic of us feel gawky, for roughly one in five of us, navigating its challenges is consistently overwhelming--an ongoing maze without an exit. Often bewildered by the social rules of engagement or how to master the skills and grace necessary for smooth interaction, we feel out of sync with those around us. Though we may recognize we have awkward dispositions, we rarely understand why that is--which makes it hard for us to know how to adjust our behavior. Psychologist and interpersonal relationship expert Ty Tashiro knows what it's like to be awkward. Growing up, he could do complex arithmetic in his head and memorize the earned run averages of every National League starting pitcher. But he struggled to add up social cues

during interactions with other kids and was prone to forget routine social expectations. In *Awkward*, he unpacks decades of research in the fields of psychology, neuroscience, and sociology to help us better understand this widely shared trait and its origins. He considers how awkward people view our complex world and explains how we can more comfortably engage with it, delivering a welcome, counterintuitive message: the same characteristics that make people socially clumsy can be harnessed to produce remarkable achievements. Interweaving the latest research with personal tales and real world examples, *Awkward* offers us reassurance, and provides valuable insights into how we can embrace our personal quirks and unique talents to realize our awesomeÃ A potential.

--This text refers to an alternate Audio CD edition.

He repeated himself a lot, but doesn't that go with the syndrome? He could have cut to the chase much sooner, but definitely interesting insight from one who knows. Mary Bryan Stafford author of *A Wasp in the Fig Tree*

Simply outstanding!!!

helpful book for shy people

I was fortunate to hear Ty speak on a panel in Boulder and as I listened I realized he "got it"! Everything I read in the book shows me that Ty really gets people like us and has written a book that not only explains us, to us but also helps with tricks to manage us better. Thank you Ty! I can not tell you how many people I have suggested read your book. Including ALL the staff at my son's middle school!

Another great read. I read this one after his previous one and found it just as insightful and entertaining!

This book keeps its promises (a scientific overview of awkwardness, based on existing research), but I think it is unrealistically marketed towards adults. Too much of the book was dedicated to the development aspects of awkwardness in children and teens. I was expecting to get a better awareness about how to navigate the world as an awkward person; instead, I got a book that was most child psychology. If you are curious about why your child is awkward, this is a great resource. If you yourself are awkward and want to learn more, your results from this book will be limited.

-Ryan Mease

By "awkward" Ty Tashiro explains that, while he doesn't quite test as high-functioning autistic, he has several of the traits characteristic of autism that are pronounced enough in his case to have made growing up difficult. His very well researched book uses his experiences, useful analogies and results of a host of studies of people who have difficulty reading others to bring to light a type of person we have all known but wondered about who deserves to be recognized and better understood. Especially revealing is the author's detailed illumination of how awkwardness or autism can often involve a sweet spot of mental brilliance on the autism spectrum. Think Einstein, Newton and Mozart, or today Daryl Hannah, Temple Grandin and Dan Ackroyd. As a good bit of the book deals with Tashiro's school years, "Awkward" should be especially useful to parents of autistic or "awkward" children. This would be five-star review if not for woeful editing: an ostensible example of the English future perfect tense in which it wasn't present, referring to deciles, quintiles and quartiles all as percentiles, a dozen or more uncorrected basic grammatical errors. The truism that editors no longer edit is a sad distraction in this otherwise fine book.

I was thrilled to learn that Ty Tashiro was following up his first book (The Science of Happily Ever After, another book I recommend on love relationships) with his latest account of social awkwardness. This book has implications for many types of relationships including family, friends and work colleagues. I imagine many parents will take heart in understanding some of the science behind their child who may be struggling socially, or for the young or not-so-young adult who will feel understood by Tashiro's insights. This book presents personal and research based explanations in a voice using the perfect balance of humility and confidence. Truly a valuable resource for any bookshelf and a delight to read!

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