



# OCEAN COUNTY LIBRARY

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Susan Quinn, Director

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## PRESS RELEASE

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### ***Chatter's* Ethan Kross to Appear In Ocean County Library's Virtual Author Talk Series**

**TOMS RIVER** – Award-winning psychologist [Ethan Kross](#), whose study of constructive introspection produced 2021's national best-seller [Chatter](#), will discuss his research in the Ocean County Library's Virtual Author Talk series, 1 PM Thursday, July 20.

[Chatter](#), subtitled *The Voice in Our Head, Why It Matters and How to Harness It*, captured Nonfiction Book of the Year awards from Amazon and *Behavioral Scientist*, was named *INC's* Business and Leadership Book of the Year, won Apple's nod as Best Audiobook of the Year, and earned plaudits from *The Washington Post*, *CNN*, and *USA Today*.

Using compelling case studies, it examines the inner voice that each person possesses, the conditions that influence it to become an "inner critic," and the tools within everyone's grasp to transform it into an "inner coach."

The book illustrates the effects of everyday conversations, technologies and cultural mores on an individual's self-motivation, and the fulfilling benefits of harnessing them.

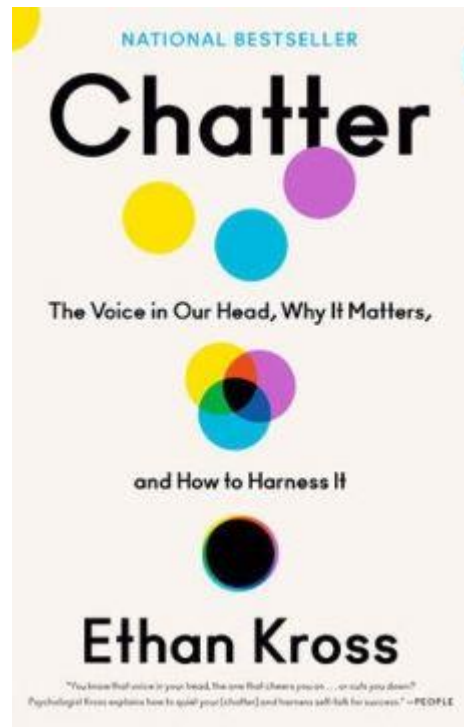
Please register at <https://libraryc.org/theoceancountylibrary> to attend this free program, to view the upcoming schedule, and to view previous talks. Registrants will receive links to the program by email, and may submit questions for the author when signing up.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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**Ethan Kross**



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