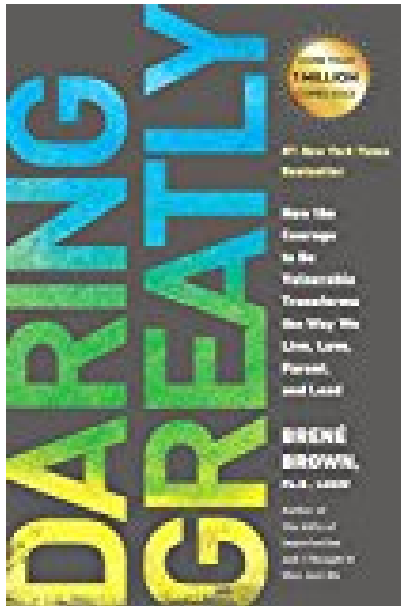


Daring Greatly How the Courage to Be Vulnerable Transforms the Way We Live Love Parent and Lead



BOOK DETAILS

- Author : Brené Brown
- Pages : 320 Pages
- Publisher : Avery
- Language : English
- ISBN : 1592408419

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BOOK SYNOPSIS

Researcher and thought leader Dr. Brené Brown offers a powerful new vision in *Daring Greatly* that encourages us to embrace vulnerability and imperfection, to live wholeheartedly and courageously. It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . . who at best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly -Theodore Roosevelt Every time we are introduced to someone new, try to be creative, or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect. Challenging everything we think we know about vulnerability, Dr. Brené Brown dispels the widely accepted myth that its a weakness. She argues that vulnerability is in fact a strength, and when we shut ourselves off from revealing our true selves we grow distanced from the things that bring purpose and meaning to our lives. *Daring Greatly* is the culmination of 12 years of groundbreaking social research, across the home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees. This is vulnerability. This is daring greatly. Brilliantly insightful. I cant stop thinking about this book -Gretchen Rubin Brené Brown, Ph.D., LMSW is a #1 New York Times bestselling author and a research professor at the University of Houston Graduate College of Social Work. Her groundbreaking work was featured on Oprah Winfreys Super Soul Sunday, NPR, and CNN. Her TED talk is one of the most watched TED talks of all time. Brené is also the author of *The Gifts of Imperfection* and *I Thought It Was Just Me* (but it isnt).

DARING GREATLY HOW THE COURAGE TO BE VULNERABLE

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