



The Power of Vulnerability: Teachings on Authenticity, Connection and Courage

By Brené Brown

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Show Up and Let Yourself be Seen

Is vulnerability the same as weakness? "In our culture," teaches Dr. Brené Brown, "we associate vulnerability with emotions we want to avoid such as fear, shame, and uncertainty. Yet we too often lose sight of the fact that vulnerability is also the birthplace of joy, belonging, creativity, authenticity, and love." On *The Power of Vulnerability*, Dr. Brown offers an invitation and a promise—that when we dare to drop the armor that protects us from feeling vulnerable, we open ourselves to the experiences that bring purpose and meaning to our lives. Here she dispels the cultural myth that vulnerability is weakness and reveals that it is, in truth, our most accurate measure of courage.

"*The Power of Vulnerability* is a very personal project for me," Brené explains. "This is the first place that all of my work comes together. This audio course draws from all three of my books—it's the culmination of everything I've learned over the past twelve years. I'm very excited to weave it all into a truly comprehensive form that shows what these findings and insights can mean in our lives."

Guidance and Insights for Wholehearted Living

Over the past twelve years, Dr. Brené Brown has interviewed hundreds of people as part of an ongoing study of vulnerability. "The research shows that we try to ward off disappointment with a shield of cynicism, disarm shame by numbing ourselves against joy, and circumvent grief by shutting off our willingness to love," explains Dr. Brown. When we become aware of these patterns, she teaches, we begin to become conscious of how much we sacrifice in the name of self-defense—and how much richer our lives become when we open ourselves to vulnerability.

"In my research," Dr. Brown says, "the word I use to describe people who can live from a place of vulnerability is *wholehearted*." Being wholehearted is a practice—one that we can choose to cultivate through empathy, gratitude, and

awareness of our vulnerability armor. Join this engaging and heartfelt teacher on *The Power of Vulnerability* as she offers profound insights on leaning into the full spectrum of emotions-so we can show up, let ourselves be seen, and truly be *all in*.

HIGHLIGHTS

- Cultivating shame resilience-the key to developing a sense of worth and belonging
- Vulnerability as the origin point for innovation, adaptability, accountability, and visionary leadership
- Our emotional armory-how we use perfectionism, numbing, and other tactics to avoid feeling vulnerable
- The myths of vulnerability-common misconceptions about weakness, trust, and self-sufficiency
- Discovering your vulnerability armor-recognizing what makes us shut down, and how we can change
- The 10 guideposts of wholehearted living-essential skills for becoming fully engaged in life
- Six hours of stories, warm humor, and transformative insights for living a life of courage, authenticity, and compassion from Dr. Brené Brown

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Editorial Review

Review

A practical training program on embracing our imperfections to discover our true source of strength, connection, and purpose.

About the Author

Brené Brown, Ph.D., LMSW is a research professor at the University of Houston Graduate College of Social Work. She is a nationally renowned speaker and has won numerous teaching awards, including the College's Outstanding Faculty Award. Her books include *Daring Greatly*, *The Gifts of Imperfection*, and *I Thought It Was Just Me (but it isn't)*. Her groundbreaking research has been featured on PBS, NPR, and CNN. Her 2010 TEDx talk on the power of vulnerability, which has been translated into 38 languages, is one of the most watched talks on TED.com with over 5 million views. Most recently, Brené gave the closing talk at TED2012. For more, visit brenebrown.com.

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Kevin White:

Now a day people who Living in the era just where everything reachable by talk with the internet and the resources in it can be true or not call for people to be aware of each data they get. How individuals to be smart in getting any information nowadays? Of course the correct answer is reading a book. Looking at a book can help people out of this uncertainty Information specifically this The Power of Vulnerability: Teachings on Authenticity, Connection and Courage book because book offers you rich data and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it you probably know this.

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Precisely why? Because this The Power of Vulnerability: Teachings on Authenticity, Connection and Courage is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who also write the

book in such wonderful way makes the content interior easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I ended up you I will go to the e-book store hurriedly.

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