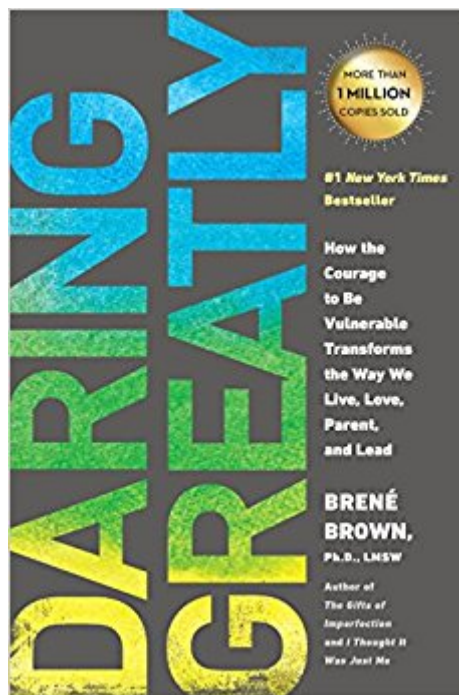




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Daring Greatly: How The Courage To Be Vulnerable Transforms The Way We Live, Love, Parent, And Lead



Synopsis

The #1 *New York Times* bestseller. 1 million copies sold! From thought leader Dr. Brené Brown, a transformative new vision for the way we lead, love, work, parent, and educate that teaches us the power of vulnerability. “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 the 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 day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Dr. Brené Brown dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage. Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, and the birthplace of love, belonging, joy, empathy, innovation, and creativity. She writes: “When we shut ourselves off from vulnerability, we distance ourselves from the experiences that bring purpose and meaning to our lives.” • Daring Greatly is not about winning or losing. It’s about courage. In a world where “never enough” dominates and feeling afraid has become second nature, vulnerability is subversive. Uncomfortable. It’s even a little dangerous at times. And, without question, putting ourselves out there means there’s a far greater risk of getting criticized or feeling hurt. But when we step back and examine our lives, we will find that nothing is as uncomfortable, dangerous, and hurtful as standing on the outside of our lives looking in and wondering what it would be like if we had the courage to step into the arena—whether it’s a new relationship, an important meeting, the creative process, or a difficult family conversation. Daring Greatly is a practice and a powerful new vision for letting ourselves be seen.

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Customer Reviews

"The brilliantly insightful Brené Brown draws upon extensive research and personal experience to explore the paradoxes of courage: we become strong by embracing vulnerability, we dare more greatly when we acknowledge our fear. I can't stop thinking about this book." —Gretchen Rubin, author of *The Happiness Project* "A wonderful book: urgent, essential and fun to read. I couldn't put it down, and it continues to resonate with me." —Seth Godin, author of *Linchpin* "In *Daring Greatly*, Brené Brown refers to herself as both a mapmaker and a traveler. In my book, that makes her a guide. And I believe the world needs more guides like her who are showing us a wiser way to our inner world. If you'd like to set your course on being more courageous and connected, engaged and resilient, leave the GPS at home. *Daring Greatly* is all the navigation you'll need." —Maria Shriver "Daring Greatly is an important book -- a timely warning about the danger of pursuing certainty and control above all. Brené Brown offers all of us a valuable guide to the real reward of vulnerability: Greater courage." —Daniel Pink "What I find remarkable about this book is the unique combination of solid research and kitchen table story-telling. Brené becomes such a real person in the book that you can actually hear her voice asking, 'Have you dared greatly today?' The invitation in this book is clear: We must be larger than anxiety, fear, and shame if we want to speak, act, and show up. The world needs this book and Brené's unique blend of warmth, humor and ass-kicking makes her the perfect person to inspire us to dare greatly." —Harriet Lerner, Ph.D. "One of the tragic ironies of modern life is that so many people feel isolated from each other by the very feelings they have in common: including a fear of failure and a sense of not being enough. Brené Brown shines a bright light into these dark recesses of human emotion and reveals how these feelings can gnaw at fulfillment in education, at work and in the home. She shows too how they can be transformed to help us live more wholehearted lives of courage, engagement and purpose. Brené Brown writes as she speaks, with wisdom, wit, candor and a deep sense of humanity. If you're a student, teacher, parent, employer, employee or just alive and wanting to live more fully, you should read this book. I double dare you." —Sir Ken Robinson "In an age of constant pressure to conform and pretend, *Daring Greatly* offers a compelling alternative: transform your life

by being who you really are. Embrace the courage to be vulnerable. Dare to read this book!"

•Chris Guillebeau, author of *The \$100 Startup*"Here's the essence of this book: Vulnerability is courage in you but inadequacy in me. Brené's book, weaving together research and Texan anecdote, shows you some paths forward. And don't for a moment think this is just for women. Men carry the burden of Being Strong And Never Weak, and we pay a heavy price for it. Daring Greatly can help us all."

•Michael Bungay Stanier, author of *Do More Great Work*"I deeply trust Brené Brown--her research, her intelligence, her integrity, and her personhood. So when she definitively lands on the one most important value we can cultivate for professional success, relationship health, parental joy, and courageous, passionate living...well, I sit up and take notice . . . even when that one most critical value turns out to be the risky act of being vulnerable. She dared greatly to write this book, and you will benefit greatly to read it and to put its razor-sharp wisdom into action in your own life and work."

•Elizabeth Lesser, Cofounder, Omega Institute, author of *Broken Open*"A straightforward approach to revamping one's life from an expert on vulnerability."

•Kirkus Reviews"Will draw readers in and have them considering what steps they would dare to take if shame and fear were not present."

•Publishers Weekly"Offers good insights into how people don personal armor to shield themselves from vulnerability."

•The Wall Street Journal"Brene's down-to-earth approach to vulnerability resonates with me."

•Katie Couric

Dr. Brené Brown, PhD, LMSW, is a research professor at the University of Houston where she holds the Huffington Foundation-Brené Brown Endowed Chair at The Graduate College of Social Work. She has spent the past sixteen years studying courage, vulnerability, shame, and empathy and is the author of three #1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, and *Rising Strong*. Her latest book, *Braving the Wilderness: The Quest for True Belonging and The Courage to Stand Alone*, will be released Fall 2017. Brené's TED talk, "The Power of Vulnerability," is one of the top five most viewed TED talks in the world with over 30 million views. In addition to her research and writing, Brené is the Founder and CEO of BRAVE LEADERS INC - an organization that brings evidence-based courage building programs to teams, leaders, entrepreneurs, change makers, and culture shifters. Brené lives in Houston, Texas, with her husband, Steve, and their children, Ellen and Charlie.

Last week I was sitting outside a coffee shop reading a book on my kindle when a youngish guy

walked by carrying a coffee and a computer, looking for a place to sit. Since all of the tables were occupied and he was looking a bit displaced, I offered him a seat at my table. Relieved, he sat down and expressed his gratitude. I promptly went back to my reading but I could feel his eyes boring into me as I anticipated the dreaded question. "What are you reading?" he finally blurted. Now I know this is neither a profound nor earth-shattering inquiry but there were two problems at hand here. One, I'm terrible at summarizing books. Just awful. (Which you're about to discover.) There's just something about the vast amount of information that I'm pressured to wrap into one or two sentences that completely overwhelms and paralyzes me. And two, I was reading a book about shame and vulnerability. Which ironically, I was ashamed to admit for fear of being vulnerable. Clearly, I had just started reading the book. Part of me was tempted to lie to youngish guy by replying, "oh, it's just some silly novel." But then it occurred to me how shameful it would be to lie about reading a book about shame and vulnerability instead of just being vulnerable. Besides, as I'm sure it's obvious--I could use the practice. "I'm reading Daring Greatly by Brené Brown. It's about shame and vulnerability and how shame can truly only dissipate by allowing yourself to be vulnerable", I quickly blurted. Allowing myself to be vulnerable led Patrick and I into a conversation for the next hour. Patrick, if you're reading this, c'est une joie pour vous rencontrer. (If this is wrong I blame Google translate.) This moment of unabashed vulnerability with Patrick was the beginning of a major shift in my life. And I have Daring Greatly to thank for that. I've always been one to be honest and open but Brene Brown's writing in Daring Greatly takes openness to another level. She reinforces what I've known all along but been afraid of admitting--that vulnerability leads to happiness. Or as Brown calls it, "wholeheartedness". And I, and maybe you too, could damn well use some wholeheartedness in my life. We're living in a culture of 'never enough'. I'm certainly feeling it. Are you? I never work hard enough, I don't help others enough, I'm not successful enough, I don't eat healthy enough... and on and on. These thoughts of 'never enough' turn into feelings of shame and fear. How do we combat shame and fear? By being vulnerable and expressing gratitude, according to Brené Brown. And now, according to me. Following Brene's advice and expertise garnered through her research and life stories, truly does work. It was the reading of Daring Greatly that prompted me to finally divulge my long kept secret of my history with an eating disorder; which wound up being my highest trafficked blog post of all time. As Brown explains, we're drawn to other's vulnerability but repelled by our own. Are you living with shame? Do you always feel an underlying itch of 'never enough'? Do you find yourself disconnecting from people you love? If any of these questions ring true then I hope you'll read this book for yourself. Even if they don't ring true, read this book. It truly is a game changer. Buy It Right. This. Minute. Sit your butt down for an hour,

and start reading. I promise you won't want to stop. I promise. Then come back to me and practice your newfound vulnerability. I'll appreciate and love every drop of the real you. And eventually, you will too. That's the truth. [...] If you'll note the vulnerability here in that I'm attempting to review a book, despite my fear of reviewing books.

"Vulnerability is not weakness," writes Brown. In fact, "Vulnerability is the the core, the heart, the center of meaningful human experiences." Without vulnerability, there can be no love, there can be no achievement, there can be no greatness. Unfortunately, instead of developing skills of vulnerability, we too frequently develop armoring techniques. We spend all our energy avoiding getting hurt, avoiding shame. But there's no surer way to not feel loved, not feel connected, not be fulfilled, than to practice the avoidance of vulnerability. Brown is a vulnerability researcher. She sees vulnerability as the prerequisite to living what she calls the "Wholehearted life." The Wholehearted life is one of deep attachment to others, our environment, and our work. It's a life of being "really there," of being willing to fail. No one can avoid being actually vulnerable. We all are vulnerable every moment of our lives -- though some times more than others. But if we run from it, we lose. Here's how she breaks it down: 1. Love and belonging is an irreducible need. We all need it. 2. Those who feel a deep sense of love and belonging... feel loveable. They believe they are worthy of being loved. 3. A strong belief in our worthiness doesn't just happen. It must be cultivated. 4. The main concern of Wholehearted men and women is living a life defined by courage, compassion, and connection. 3. The Wholehearted identify vulnerability as the catalyst for courage, compassion, and connection. The willingness to be vulnerable is the single most important factor shared among the Wholehearted. It comes down to this: If we don't embrace vulnerability, we are destined to live a lonely, detached, unfulfilling life. But if we learn to embrace it in the right way, we can live a life of joy and connection. The crux is to understand that we are worthy of love. From the standpoint of this sense of worthiness, we are then able to open ourselves to one another and to the work that is before us. A look at the table of contents gives a clearer picture of the argument of *Daring Greatly*: - What It Means to Dare Greatly - Introduction: My Adventures in the Arena 1. Scarcity: Looking Inside Our Culture of "Never Enough" 2. Debunking the Vulnerability Myths 3. Understanding and Combatting Shame 4. The Vulnerability Armory 5. Mind the Gap: Cultivating Change and Closing the Disengagement Divide 6. Disruptive Engagement: Daring to Rehumanize Education and Work 7. Wholehearted Parenting: Daring to Be the Adults We Want Our Children to Be - Final Thoughts - Appendix -- Trust in Emergence: Grounded Theory and My Research Process - Practicing Gratitude *Daring Greatly* doesn't focus on the area of love and relationships, but it offers invaluable

tools for deepening our love partnerships. For going deeper into vulnerability in the context of a romantic relationship, check out *The Couple's Survival Workbook: What You Can Do To Reconnect With Your Partner and Make Your Marriage Work* by Olsen and Stephens. More generally, if you're interested in Browne's concept of Wholehearted living -- the contextual framework of *Daring Greatly* -- check out *The Gifts of Imperfection*. *Daring Greatly* is highly recommended as a primer for those who wish to step into the place they truly belong -- it's a place prepared for each person, but it has to be worked for. It's not altogether easy, but it's deeply relieving to understand that this essential skill is not about simply stepping out under a hail of deadly arrows. It's about leaving behind lonely and fearful self-interest, having courage that deeper connection eagerly awaits us.

After being finished with the first half of this book, I was convinced that the author nested herself inside my psyche and wrote this book for me, then I saw all the other great reviews for it and felt a little jealous. It is so helpful if you have feelings of rejection and lack of worthiness, love, and belonging. The author ties concepts from her many years of research into proposing "wholehearted" living. It is about sharing life's true experiences and our imperfect selves with people that deserve it. It has truly made me think deeply about the way that I want to live in my family, and do my job. It helped me evaluate from where I was getting my feelings of worthiness--from the scale, from bad days as a mom, being a nagging wife, my career--you get it. It changed the way that I thought of myself as a woman. Believe me, the feelings that came from this book were not comfortable and I was emotional wreck for a couple of days it took me to read it as vulnerable feelings emerged and I had to deal with them. The more that I read it and truly walk the walk, I know its going to happen more. Vulnerability is a yucky feeling for me. But I know that feeling/acknowledging it and building shame resilience is so important in forming meaningful relationships with my family and its totally been worth it. I loved it so much that I purchased the *Gifts of Imperfect Parenting*. I loved it to; maybe even more because it is two sessions actually read by Brene Brown. If you are a person dealing with issues of not good enough, this book was written for you. It has helped me so much. Brene Brown is a brilliant person, and I am so glad she is sharing her work with the world.

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