

THE POWER OF VULNERABILITY: TEACHINGS ON AUTHENTICITY, CONNECTION AND COURAGE Free

The Power of Vulnerability Quotes by Brené Brown. The Power of Vulnerability: Teachings on Authenticity, Connection, and Courage | . The Power of Vulnerability: Teachings of Authenticity, Connections and Courage by Brené Brown.



- Brene Brown
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They reach out to us because they believe in our capacity to know our darkness well enough to sit in the dark with them. The first read made me realize what a giant ass I have been to everyone, including the people who I love and care for the most. What spoke to me was being authentic my tendency is to try and please people and will over commit. Not sure but it can't hurt to know it. Open Preview See a Problem? A few of my takeaways are: Wholeheartedness is the idea that we were born enough. Brene Brown's work for many years, but never explored her work on my own until I happened to see this audiobook on sale - my only regret is that I had not found it sooner. I was delighted to find this 6-talk series on Audible that I could use as a refresher. We just engage in a behavior that confirms our fear. Of course they are only vulnerable to people who have earned that right. It w This book is a must read! Yet we too often lose sight of the fact that vulnerability is also the birthplace of joy, belonging, creativity, authenticity, and love. Though, I highly highly recommend the audio book to the Power of Vulnerability. Aug 23, Holly rated it it was amazing. I would give it 6-stars if Goodreads let me : Quick side note: I listened to the book on Audible. Love, love, love this! Intuition is more than just random, uninformed thinking. It's witty, funny, serious, and inspirin . . . more Yes, this would be it. I'll make a small commission! Your Rating: She integrates all of this in a framework of "whole-heartedness" - as she puts it, the work of middle age, to tear down all the walls we put up to protect ourselves in our youth so that we can now fully experience life. One of the things I loved was when Brown said that if you feel shame then she can guarantee there are other people who feel that same shame. Why can't we just sit? It really brings home the true need we all have to actually be who we really are and how vulnerable it is. Our emotional armory - how we use perfectionism, numbing, and other tactics to avoid feeling vulnerable. If you see a Google Drive link instead of source url, means that the file witch you will get after approval is just a summary of original book or the file has been already removed. I cannot remember another book that struck me as so important that the moment I finished I started again from the beginning; I just finished my second listening in less than a week. This book is a must read! Lewis and N. No one cares about me. She talks about a core problem in humanity in a very fun, straightforward way! I'll probably be revisiting these talks occasionally for a refresher. I listened to this 6 part series on audible and it was very good. I really don't have much to add on from my original review, so I'll leave it below. Amazing stuff! Wholeheartedness is a North Star. Other Editions 3. She's funny and interesting and has some great insights. My disagreement didn't come on many points and they didn't matter to the overall work. Vulnerability is considered a weakness among many people, but she makes a great argument that it's not a character flaw, but one of the gr This was such a great "re-listen" and very short, as well. Audible Audio , 1 page. I kept thinking all the way through this audio "book" which is actually a set of talks Brown gave over a period of two days at some type of conference, that everyone most of all, me needs to hear this. But Brown's work comes together wonderfully well for anyone who is striving for a more authentic life. This was really good. Brown gets to the heart of shame that prevents us from deep connections and vulnerability There was some ugly crying involved, but realizing that shame was a large part of the way many of us were raised was eye opening and life changing. The main characters of this non fiction, self help story are ,. Dec 16, Misty rated it it was amazing. So what I do is I floodlight you with it - I don't know you very well or I'm in front of a big group, or it's a story that I haven't processed enough to be sharing with other people - and you immediately respond "hands up; push me away" and I go, "See? This is one of those books lecture series, whatever that everyone should read and take to heart. Oct 17, Sve rated it it was amazing. Mar 24, Lizzie rated it it was amazing. I think this is my favorite of her books. 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. I don't say this lightly: this book is genuinely life-changing. Setting boundaries requires constantly choosing discomfort now over resentment in the future. I love it. 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. Want to Read Currently Reading Read. This is a great summary of her work. A profoundly life-changing lecture. She is also the author of Connections, a psychoeducational shame resilience curriculum that is being facilitated across the nation by mental health and addiction professionals. I must say a part of me was shocked by some of the findings, but the other part of me felt how common it was in our society. Will that change things? She has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of five 1 New York Times bestsellers: The Gifts of Imperfection, Daring Greatly, Rising Strong, Braving the Wilderness, and her latest book, Dare to Lead. This review and more can be found on my blog. We will never get there but we know we are headed in the right direction. Will literally be recommending this to every person in my life who listens to audiobooks. May 11, Pritesh rated it it was amazing.

## The Power of Vulnerability Quotes

Not vulnerability; I call it floodlighting. You will have to read or listen to the book to understand more. Brown pulls together all her research to continue the vulnerability conversation on a deeper level. Dec 10, Jessica rated it it was amazing. I went through a roller coaster of emotions that force me to reexamine myself. View 2 comments. From redef Love, love, love this! This book is full of understanding and empathy towards the fellow human beings - with all flaws, imperfections and struggles. CD-Audio List Price: Highly suggest listening to the audio version. It's rooted in unconditional acceptance and love. Dec 23, Ashleigh Thompson rated it it was amazing. If I could give this book six stars, I would. Quotes from The Power of Vuln Too many insights to mention.. More filters. I listened to this conference Brene Brown spoke at on Audiobook, I really think the content is the same as on a Daring Greatly. Highly recommend! It is very heart-warming to listen to Brene Brown and her findings, her own professional and personal struggle to be a better and happier human being. Jun 22, Nat rated it really liked it Shelves: audiobook , nonfiction. A researcher, a social worker, and a communicator that is attempting to do what she is "preaching," Brown's message is relevant to every human being if he or she has the courage to first listen to it and then apply it. Goodreads helps you keep track of books you want to read. I cannot remember another book that struck me as so important that the moment I finished I started again from the beginning; I just finished my second listening in less than a week. Some of the techniques listed in The Power of Vulnerability: Teachings of Authenticity, Connections and Courage may require a sound knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them. 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 errs, A profoundly life-changing lecture. Am I done? Yet another that I can highly recommend! You cannot selectively numb. There were times when it was perhaps a little too black and white, and on occasion a little over "Americanised", but not to the detriment of the audiobook as a whole. I am a big picture person, and I loved how she could weave together various aspects of our psychology to formulate an almost all encompassing thesis of living life "whole heartedly". I liked that she talked about God, spirituality, faith etc and loved hearing her POV on the those subjects. Rating details. Will that change things? It helped me realize the giant role that judgement and shame play in my thinking. Which one should I read first this book or daring greatly?? My disagreement didn't come on many points and they didn't matter to the overall work. I don't want to go into specifics because I'd just be rehashing what the professional says without the same nuance and depth she can provide, but I would say this was a lively, relatable, easy-to-consume but hard-to-hear look at things that make us the people we want to be. Thanks for telling

us about the problem. They have two children, Ellen and Charlie. The book was published in multiple languages including English, consists of 7 pages and is available in Audible Audio format. I gained so much from listening to these wise words from Brene Brown. One of the things I loved was when Brown said that if you feel shame then she can guarantee there are other people who feel that same shame. What is it with this church why it produces such hopeful and thoughtful Christians? Feb 11, James Fisher rated it it was amazing. I like that she refused to engage in how to, and instead focused on thought process and areas that we need to address in ourselves. The book is a collection of 6 lectures by the author. The other parts I liked where not caring what other people think and getting play back into our lives. It helped me understand that I need to be kind and respectful to myself before I can offer the same kindness and respect to others. There is a lot to learn from the book. Mar 24, Lizzie rated it it was amazing. This book is really well broken down into what she learnt about vulnerability and shame in her 12 years of research. Indeed, her research found that is a key component of whole-hearted peoples' lives. To see what your friends thought of this book, please sign up. It's jarring to l...

more The audio book of this book is excellent and it's read by the author 6 lectures. But Brown's work comes together wonderfully well for anyone who is striving for a more authentic life. Brene Brown is arguably the most important truth-teller of our times. I would give it 6-stars if Goodreads let me : Quick side note: I listened to the book on Audible. Note: I'm an Amazon Affiliate. Brown is an Anglican Christian - just like C.S. And she is a great speaker! She has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of five 1 New York Times bestsellers: The Gifts of Imperfection, Daring Greatly, Rising Strong, Braving the Wilderness, and her latest book, Dare to Lead. Your Rating. It made me realize the toxicity of all the implicit and explicit self-loathing that I indulged in. I literally started listening to this when I got to work not really knowing what to expect and could not put it down until I went home then I picked it back up and finished it! I let myself be seen. 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. It really brings home the true need we all have to actually be who we really are and how vulnerable it is.