



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

By Brene Brown Phd Lmsw

Sounds True. No binding. Condition: New. 1 pages. Dimensions: 6.9in. x 6.5in. x 1.2in. Show Up and Let Yourself be Seen Is vulnerability the same as weakness In our culture, teaches Dr. Bren 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, Bren explains. This is the first place that all of my work comes together. This audio course draws from all three of my books-its the culmination of everything Ive learned over the past twelve years. Im very excited to weave it all into a truly comprehensive form that shows what these findings and insights can mean...



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-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).
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