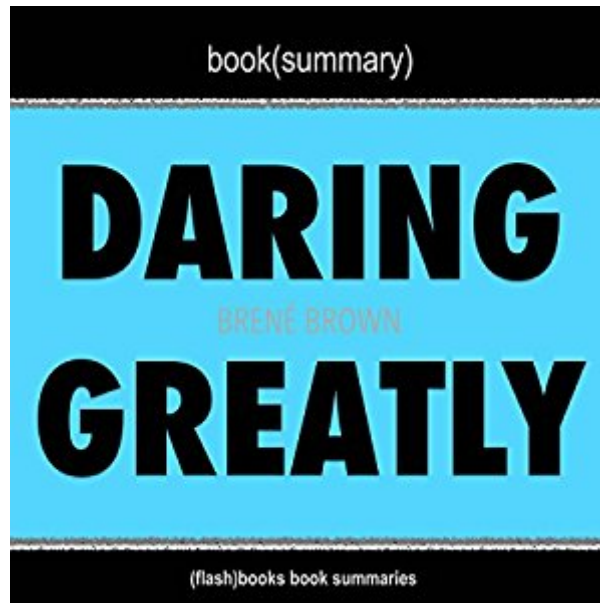




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Book Summary: Daring Greatly By Brene Brown



Synopsis

This is a book summary of *Daring Greatly* by Brené Brown. Original book description: The number-one New York Times best seller. 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 12 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.

Book Information

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Customer Reviews

Very insightful.

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