

Read Online The Gifts Of  
Imperfection Let Go Of Who  
You Think You're Supposed To  
Be And Embrace Who You Are

# **The Gifts Of Imperfection Let Go Of Who You Think You're Supposed To Be**

Read Online The Gifts Of  
Imperfection Let Go Of Who  
**And Embrace Who  
You Are**  
You Think You're Supposed To  
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This is a Summary of Brené Brown's  
The Gifts of Imperfection: Let Go of  
Who You Think You're Supposed to Be  
and Embrace Who You Are

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of Imperfection, Brené Brown, a leading expert on shame, authenticity, and belonging, shares ten guideposts on the power of Wholehearted living - a way of engaging with the world from a place of worthiness. Each day we face a barrage of images and messages

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from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, "What if I can't keep all

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of these balls in the air? Why isn't everyone else working harder and living up to my expectations? What will people think if I fail or give up? When can I stop proving myself?"In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how

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we can cultivate the courage, compassion, and connection to wake up in the morning and think, "No matter what gets done and how much left undone, I am enough," and to go to bed at night thinking, "Yes, I am sometimes afraid, but I am also brave.

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And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging." Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current

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time to devour all 160 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book.

A Comprehensive Summary of "The



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Gifts of Imperfection" by Brené Brown  
About the Original Book In the book "  
The Gifts of Imperfection" by Brené  
Brown, Brown tries to help us find  
courage to overcome paralyzing fear  
and self-consciousness, strengthening  
our connection to the world. She

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bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an "imperfect" life and

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embracing living authentically. About  
this Summary This summary guide is  
proudly brought to you by Mercy  
Brain. It contains a comprehensive,  
well detailed summary and key  
takeaways of the original book by  
Brené Brown. It summarizes the book

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in detail, to help people effectively understand, articulate and imbibe the original work by Brown. Disclaimer: This book is not meant to replace the original book but to serve as a companion to it.

This book summary and analysis was

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created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. We live in a world constantly listening

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to the lies our fears and shame tell. They counteract gratitude, acceptance, and compassion—the good parts of us. They keep telling us, “I am not worthy,” even when you are worthy. You're worthy of self-discovery, personal growth, and love. Brené

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Brown's New York Times bestseller, The Gifts of Imperfection, has sold more than 2 million copies in more than 30 languages and was recently named by Forbes as one of the "Five Books That Will Actually Change Your Outlook On Life." And it shares the

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mission of helping us find courage in overcoming paralyzing fear and self-consciousness, cultivating our connection to the world. Brené Brown, Ph.D. is an inspiring guide to help us live a wholehearted life and she creates more than just the typical self-help



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book—she boosts our self-esteem and personal development through her honest and warm storytelling. With extensive research to back her stories, she shares the psychology of an “imperfect” life and embracing life with authenticity. Her ten guideposts

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show how we can cultivate authenticity  
in our lives—a perfectly imperfect life.

We are beginning to have a need to  
nurture our self-worth. This includes  
self-acceptance and self-love. In a  
world full of criticism and fear, we can  
dig deeper and find the truth and

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gratitude hidden in our lives. We can now pave a new path forward without holding onto self-defeating thoughts or pain. We can now begin to embrace imperfection. Wait no more, take action and get this book now!

PLEASE NOTE: This is a summary of

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the book and NOT the original book.  
The Gifts of Imperfection by Brené  
Brown | A 30-minute Summary Inside  
this Instaread Summary: \* Overview of  
the entire book \* Introduction to the  
important people in the book \*  
Summary and analysis of all the

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chapters in the book \* Key Takeaways  
of the book \* A Reader's Perspective  
Preview of this summary: Chapter 1 It  
is necessary to practice courage,  
compassion, and connection on a daily  
basis in order to develop worthiness. It  
is a mistake to try and win someone

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over, because it means trading in the sense of self in search of approval from another. By doing this, people stop believing in their own worth. The first step toward living wholeheartedly is for people to have the courage to reach out to others and to share their own

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stories of shame. When in need of compassion, people should reach out to the right person, someone who supports them whether they are feeling strong or whether they are struggling. When people are willing to reveal that they are imperfect and real, their

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relationships are strengthened. They make a connection. This is why courage, compassion, and connection are the gifts of imperfection. Courage is displayed when people are willing to speak honestly and openly about who they are, what they are feeling, and



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their experiences both good and bad. Courage is about being vulnerable. It takes courage for someone to ask for what he or she needs and to risk disappointment. When one person has courage, it can create a ripple effect, making others around that person a

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little braver. Compassion is a relationship between two equals. It occurs when people recognize they share humanity with others. The heart of compassion is acceptance by people of themselves and of others. In order for compassion to occur, people need

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to set boundaries and hold others accountable for their behavior. The key to compassion is being able to separate people from their behaviors. It is necessary to address what people do, not who they are. Connection exists as the energy between people who feel

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they have been seen, heard, and valued without judgment. People feel strengthened by this relationship and need connection to do well emotionally, physically, spiritually, and intellectually. Connections happen when people both give and receive with

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an open heart. Chapter 2 Love and belonging are necessary in people's lives. In order for people to experience love and belonging, they must believe they are worthy. People who accept themselves for who they are and who stop worrying about what others think

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are worthy of love and belonging. At the heart of wholeheartedness is that people have to believe they are worthy now, as they are, not if or when they become or do something in the future....

Connections

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Unbound

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Let Go of Who You Think You're  
Supposed to Be and Embrace Who You  
Are ; A 30-minute Instaread Summary  
You Are Your Best Thing  
Daring Greatly  
How the Ability to Reset Transforms

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the Way We Live, Love, Parent, and  
Lead

Braving the Wilderness

**#1 NEW YORK TIMES**

***BESTSELLER • A timely and  
important book that  
challenges everything we***



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***think we know about  
cultivating true belonging in  
our communities,  
organizations, and culture,  
from the #1 bestselling  
author of Rising Strong,  
Daring Greatly, and The***

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***Gifts of Imperfection Look  
for Brené Brown's new  
podcast, Dare to Lead, as  
well as her ongoing podcast  
Unlocking Us! REESE'S BOOK  
CLUB PICK "True belonging  
doesn't require us to change***

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**who we are. It requires us to  
be who we are.” Social  
scientist Brené Brown, PhD,  
MSW, has sparked a global  
conversation about the  
experiences that bring  
meaning to our**

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***lives—experiences of  
courage, vulnerability, love,  
belonging, shame, and  
empathy. In Braving the  
Wilderness, Brown redefines  
what it means to truly  
belong in an age of***

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**increased polarization. With  
her trademark mix of  
research, storytelling, and  
honesty, Brown will again  
change the cultural  
conversation while mapping  
a clear path to true**

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***belonging. Brown argues  
that we're experiencing a  
spiritual crisis of  
disconnection, and  
introduces four practices of  
true belonging that  
challenge everything we***

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**believe about ourselves and  
each other. She writes,  
"True belonging requires us  
to believe in and belong to  
ourselves so fully that we  
can find sacredness both in  
being a part of something**

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***and in standing alone when  
necessary. But in a culture  
that's rife with  
perfectionism and pleasing,  
and with the erosion of  
civility, it's easy to stay  
quiet, hide in our ideological***



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***bunkers, or fit in rather than  
show up as our true selves  
and brave the wilderness of  
uncertainty and criticism.  
But true belonging is not  
something we negotiate or  
accomplish with others; it's***

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***a daily practice that  
demands integrity and  
authenticity. It's a personal  
commitment that we carry in  
our hearts." Brown offers us  
the clarity and courage we  
need to find our way back to***

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**ourselves and to each other.  
And that path cuts right  
through the wilderness.  
Brown writes, "The  
wilderness is an untamed,  
unpredictable place of  
solitude and searching. It is**

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***a place as dangerous as it is  
breathtaking, a place as  
sought after as it is feared.  
But it turns out to be the  
place of true belonging, and  
it's the bravest and most  
sacred place you will ever***

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**stand."**

***The Gifts of Imperfection Let  
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Are***  
**Hazelden Publishing**  
**#1 NEW YORK TIMES**

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***BESTSELLER • In her latest  
book, Brené Brown writes,  
“If we want to find the way  
back to ourselves and one  
another, we need language  
and the grounded  
confidence to both tell our***

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***stories and be stewards of  
the stories that we hear.  
This is the framework for  
meaningful connection.” In  
Atlas of the Heart, Brown  
takes us on a journey  
through eighty-seven of the***

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**emotions and experiences  
that define what it means to  
be human. As she maps the  
necessary skills and an  
actionable framework for  
meaningful connection, she  
gives us the language and**



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***tools to access a universe of  
new choices and second  
chances—a universe where  
we can share and steward  
the stories of our bravest  
and most heartbreaking  
moments with one another***

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***in a way that builds  
connection. Over the past  
two decades, Brown's  
extensive research into the  
experiences that make us  
who we are has shaped the  
cultural conversation and***

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**helped define what it means  
to be courageous with our  
lives. Atlas of the Heart  
draws on this research, as  
well as on Brown's singular  
skills as a storyteller, to  
show us how accurately**

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***naming an experience  
doesn't give the experience  
more power—it gives us the  
power of understanding,  
meaning, and choice. Brown  
shares, "I want this book to  
be an atlas for all of us,***

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***because I believe that, with  
an adventurous heart and  
the right maps, we can  
travel anywhere and never  
fear losing ourselves.”***

***An expert of the psychology  
of shame presents advice on***

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***how to overcome paralyzing  
fears and self-  
consciousness, and at the  
same time increase feelings  
of self-worth, gratitude, and  
acceptance.***

***The Self-Love Experiment***

*Page 54/277*

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***Workbook for the Gifts of  
Imperfection***

***Fifteen Principles for  
Becoming More Kind,  
Compassionate, and  
Accepting of Yourself***

***Book by Brene Brown-Let Go***

*Page 55/277*

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***of Who You Think You're  
Supposed to Be and  
Embrace Who You Are  
How to Win at Life Without  
Losing Yourself  
I Thought it was Just Me (but  
it Isn't)***



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***Summary the Gift of  
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Put a stop to self-sabotage and overcome your fears so that you can gain the confidence you need to reach your goals and become your own best friend. Too many

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people seem to believe that they are not allowed to put themselves first or go after their own dreams out of fear of being selfish or sacrificing others' needs. The Self-Love Experiment rectifies this problem. Whether you want to

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achieve weight loss, land your  
dream job, find your soul mate, or  
get out of debt, it all comes back to  
self-love and accepting yourself  
first. Shannon Kaiser learned the  
secrets to loving herself, finding  
purpose, and living a passion-filled

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life after recovering from eating  
disorders, drug addictions,  
corporate burnout, and depression.  
Shannon walks you through her  
own personal experiment, a simple  
plan that compassionately guides  
you through the process of

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removing fear-based thoughts, so you can fall in love with life. If you want to change your outcome in life, you have to change your daily habits and perspective. Shannon takes you on this great journey into self-love and true self-acceptance.

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“Reading this courageous book feels like the beginning of a social and personal awakening...I can't stop thinking about it.”—Bren é Brown, PhD, author of Atlas of the Heart For readers of Emergent Strategy and Dare to Lead, an

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activist's roadmap to long-term  
social justice impact through four  
simple shifts. We need a  
fundamental shift in our values--a  
pivot in how we think, act, work,  
and connect. Despite what we've  
been told, the most critical

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mainspring of social change isn't  
coalition building or problem  
analysis. It's healing: deep, whole,  
and systemic, inside and out. Here,  
Shawn Ginwright, PhD, breaks  
down the common myths of social  
movements--a set of deeply



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ingrained beliefs that actually hold us back from healing and achieving sustainable systemic change. He shows us why these frames don't work, proposing instead four revolutionary pivots for better activism and collective leadership:

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Awareness: from lens to mirror  
Connection: from transactional to  
transformative relationships Vision:  
from problem-fixing to possibility-  
creating Presence: from hustle to  
flow Supplemented with reflections,  
prompts, cutting-edge research,

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and the author's own insights and  
lived experience as an African  
American social scientist,  
professor, and movement builder,  
The Four Pivots helps us uncover  
our obstruction points. It shows us  
how to discover new lenses and

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boldly assert our need for  
connection, transformation, trust,  
wholeness, and healing. It gives us  
permission to create a better  
future--to acknowledge that a  
broken system has been  
predefining our dreams and limiting

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what we allow ourselves to  
imagine, but that it doesn't have to  
be that way at all. Are you ready to  
pivot?

NEW YORK TIMES BESTSELLER

- In hardcover for the first time, this tenth-anniversary edition of the

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game-changing #1 New York Times  
bestseller features a new foreword  
and brand-new tools to make the  
work your own. For over a decade,  
Bren é Brown has found a special  
place in our hearts as a gifted  
mapmaker and a fellow traveler.

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She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with The Gifts of Imperfection,

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which has sold more than two  
million copies in thirty-five different  
languages across the globe. What  
transforms this book from words on  
a page to effective daily practices  
are the ten guideposts to  
wholehearted living. The



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guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Bren é writes, “This book is an

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invitation to join a wholehearted  
revolution. A small, quiet,  
grassroots movement that starts  
with each of us saying, 'My story  
matters because I matter.'

Revolution might sound a little  
dramatic, but in this world, choosing

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authenticity and worthiness is an  
absolute act of resistance.”

We live in a world constantly  
listening to the lies our fears and  
shame tell. They counteract  
gratitude, acceptance, and  
compassion—the good parts of us.

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They keep telling us, "I am not  
worthy," even when you are worthy.  
You're worthy of self-discovery,  
personal growth, and love. Bren é  
Brown's New York Times  
bestseller, The Gifts of  
Imperfection, has sold more than 2

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million copies in more than 30  
languages and was recently named  
by Forbes as one of the “Five  
Books That Will Actually Change  
Your Outlook On Life.” And it  
shares the mission of helping us  
find courage in overcoming

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paralyzing fear and self-  
consciousness, cultivating our  
connection to the world. We are  
beginning to have a need to nurture  
our self-worth. This includes self-  
acceptance and self-love. In a  
world full of criticism and fear, we

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can dig deeper and find the truth  
and gratitude hidden in our lives.  
We can now pave a new path  
forward without holding onto self-  
defeating thoughts or pain. We can  
now begin to embrace imperfection.  
A 12-session Psychoeducational

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## Shame-resilience Curriculum

A toolkit for optimising your study,  
work, and life!

Making the Journey from "What Will  
People Think?" to "I Am Enough"

Mapping Meaningful Connection  
and the Language of Human



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Experience  
Be And Embrace Who You Are  
Reimagining Justice, Reimagining  
Ourselves  
Let Go of Who You Think You're  
Supposed to Be and Embrace Who  
You Are by Bren é Brown  
The Gifts of Imperfection

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To Be and Embrace Who You Are  
by Brené Brown- Book Summary -  
Readtrepreneur With the advent of  
social media, we are bombarded by  
the messages they give out every

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day. What people tell us to be and  
what we see around us become our  
ideals and who we think we're  
supposed to be. Many of us strive to  
show the best image of ourselves to  
others to receive acceptance and fit  
in. However, all these creates a

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temporary sense of belonging that  
only leaves us feeling more empty  
and unworthy at the end of the day.

"You can't get to courage without  
walking through vulnerability." -

Brené Brown In this book, Brené  
Brown teaches us how to lead a

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wholehearted life and to be happy,  
and one does not need to be perfect.

It all lies in our state of mind and  
how we view ourselves. We will  
learn how to overcome the common  
feelings many of us face when we  
feel inadequate, and rise better and

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stronger after that. (Note: This summary is wholly written and published by readtrepreneur. It is not affiliated with the original author in any way) P.S. This is an important book that will change your life for the better with ten guideposts as you

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realize how insignificant other  
people's view of you are, and learn  
to believe in your own worthiness.

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book is meant for a great  
companionship of the original book



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or to simply get the gist of the  
original book.

Researcher and thought leader Dr.  
Brené Brown offers a powerful new  
vision in *Daring Greatly* that  
encourages us to embrace  
vulnerability and imperfection, to

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live wholeheartedly and  
courageously. '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

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arena, whose face is marred by dust  
and sweat and blood; who strives  
valiantly; . . . who at 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

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time we are introduced to someone  
new, try to be creative, or start a  
difficult conversation, we take a  
risk. We feel uncertain and exposed.  
We feel vulnerable. Most of us try to  
fight those feelings - we strive to  
appear perfect. Challenging

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everything we think we know about  
vulnerability, Dr. Brené Brown  
dispels the widely accepted myth  
that it's a weakness. She argues that  
vulnerability is in fact a strength, and  
when we shut ourselves off from  
revealing our true selves we grow

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distanced from the things that bring  
purpose and meaning to our lives.

Daring Greatly is the culmination of  
12 years of groundbreaking social  
research, across the home,  
relationships, work, and parenting. It  
is an invitation to be courageous; to

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show up and let ourselves be seen,  
even when there are no guarantees.

This is vulnerability. This is daring  
greatly. 'Brilliantly insightful. I can't  
stop thinking about this book'

-Gretchen Rubin Brené Brown,  
Ph.D., LMSW is a #1 New York

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Times bestselling author and a research professor at the University of Houston Graduate College of Social Work. Her groundbreaking work was featured on Oprah Winfrey's Super Soul Sunday, NPR, and CNN. Her TED talk is one of



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the most watched TED talks of all  
time. Brené is also the author of The  
Gifts of Imperfection and I Thought  
It Was Just Me (but it isn't).

#1 NEW YORK TIMES

BESTSELLER • When we deny our  
stories, they define us. When we

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own our stories, we get to write the  
ending. Look for Brené Brown's new  
podcast, Dare to Lead, as well as her  
ongoing podcast Unlocking Us!  
Social scientist Brené Brown has  
ignited a global conversation on  
courage, vulnerability, shame, and

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worthiness. Her pioneering work  
uncovered a profound truth:

Vulnerability—the willingness to  
show up and be seen with no  
guarantee of outcome—is the only  
path to more love, belonging,  
creativity, and joy. But living a brave

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life is not always easy: We are, inevitably, going to stumble and fall. It is the rise from falling that Brown takes as her subject in *Rising Strong*. As a grounded theory researcher, Brown has listened as a range of people—from leaders in Fortune

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500 companies and the military to  
artists, couples in long-term  
relationships, teachers, and  
parents—shared their stories of  
being brave, falling, and getting back  
up. She asked herself, What do these  
people with strong and loving

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relationships, leaders nurturing  
creativity, artists pushing innovation,  
and clergy walking with people  
through faith and mystery have in  
common? The answer was clear:  
They recognize the power of  
emotion and they're not afraid to

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lean in to discomfort. Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones,

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like the loss of a job or the end of a  
relationship, or smaller ones, like a  
conflict with a friend or colleague.  
Regardless of magnitude or  
circumstance, the rising strong  
process is the same: We reckon with  
our emotions and get curious about



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what we're feeling; we rumble with  
our stories until we get to a place of  
truth; and we live this process, every  
day, until it becomes a practice and  
creates nothing short of a revolution  
in our lives. Rising strong after a fall  
is how we cultivate

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wholeheartedness. It's the process,  
Brown writes, that teaches us the  
most about who we are. ONE OF  
GREATER GOOD'S FAVORITE  
BOOKS OF THE YEAR “[Brené  
Brown's] research and work have  
given us a new vocabulary, a way to

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talk with each other about the ideas  
and feelings and fears we've all had  
but haven't quite known how to  
articulate. . . . Brené empowers us  
each to be a little more  
courageous.”—The Huffington Post  
Workbook For The Gifts of

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Imperfection: Let Go of Who You  
Think You're Supposed to Be and  
Embrace Who You Are  
How the Courage to Be Vulnerable  
Transforms the Way We Live, Love,  
Parent, and Lead  
The Four Pivots

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A Woman's Guide to Changing the  
Patterns of Intimate Relationships

The Quest for True Belonging and  
the Courage to Stand Alone

Let Go of Who You Think You're  
Supposed to Be and Embrace Who  
You Are - Sidekick

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## Summary of The Gifts of Imperfection

### Brene Brown's the Gifts of Imperfection Summary

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Whole Hearts. People all  
over the world are often

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asking themselves how to  
become a better leader.

Each day, managers, CEOs,  
and executives struggle  
with knowing what it is  
they need to become more  
effective. Unfortunately,



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they often focus on the wrong things, like titles, status, and power. But a leader isn't just someone who has the highest title, she is anyone who takes responsibility for

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recognizing the potential  
in people and ideas.

What's more, she dares to  
develop that potential.  
Leaders with courage are  
those who don't avoid  
difficult conversations

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and situations, they lean  
into vulnerability, they  
have empathy and  
connection. So how can you  
cultivate braver, more  
daring leaders? And how do  
you embed the value of

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courage in your culture?  
Luckily, daring leadership  
is made up of four skill  
sets that are 100 percent  
teachable, observable, and  
measurable. It won't be  
easy, but it will be worth

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it. As you read, you'll learn the dangers of perfectionism, how vulnerability takes courage, and what you can learn about leadership from skydiving.

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All Time puts each book in  
context so that readers  
can quickly find solutions  
to the problems they face,



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such as how best to spend  
The First 90 Days in a new  
job or how to take their  
company from Good to  
Great. Many of the choices  
are surprising—you'll find  
reviews of Moneyball and

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Orbiting the Giant  
Hairball, but not Jack  
Welch's memoir. At the end  
of each review, Jack and  
Todd direct readers to  
other books both inside  
and outside The 100 Best.

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And sprinkled throughout  
are sidebars taking the  
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books, suggesting movies,  
novels, and even  
children's books that  
offer equally relevant

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insights. This guide will  
appeal to anyone, from  
entry-level to CEO, who  
wants to cut through the  
clutter and discover the  
brilliant books that are  
truly worth their

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investment of time and  
money.

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the simple ways to keep  
little things from taking  
over your entire life. In  
today's modern world, we  
find ourselves running

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around stressing about  
seemingly unimportant  
things. When was the last  
time you were angered by a  
comment someone made? A  
long line you had to stand  
in? A traffic jam? A

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Facebook post? Despite our busy lives, we continue to sweat the small stuff and add unnecessary stress.

This stress becomes a vicious cycle as we find ourselves angry and



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resentful when things don't go our way or when people don't think like us. We become too focused on the imperfections of ourselves and others that we forget to focus on the

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important aspects of life.  
So if you're looking to  
slow down in this fast-  
paced world and disengage  
from stress and anger,  
then Don't Sweat the Small  
Stuff will teach you how

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to find inner peace and  
enjoy life despite our  
endless problems and  
stresses. As you read,  
you'll learn why  
perfection is dangerous,  
why being right doesn't

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always mean being happy,  
and why yoga is important  
for your mental and  
physical wellbeing.

The Gift of Imperfection -  
A Complete Summary! The  
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describes how we live our  
lives wholeheartedly looks  
like. This book is written  
by Brené Brown, and it  
provides practical  
explanations, showing the  
true meaning of living

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with our whole hearts. We humans are social beings and as such, we want someone to love and care for us just as much as we want to care for somebody else. Here, the author

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says that, if people want  
to live their lives

'wholeheartedly', several  
things need to be

'fulfilled'. People need  
courage, compassion and  
connection to be able to

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live a life wholeheartedly  
and the author explains  
why we need those traits.  
But there are also some  
obstacles in reaching and  
living a wholehearted  
life, such as shame, fear



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and vulnerability. Besides  
listing these negative  
traits that can and often  
stop us from living a  
wholehearted life, the  
author also lists ten so-  
called 'guideposts', which

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are used to help people to  
live a life as they are  
supposed to in the first  
place. The Gifts of  
Imperfection shows its  
readers another  
perspective on human life

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in general, a perspective  
that will reveal both  
benevolent and malevolent  
sides of living a life.

This book is also a  
guidebook that can  
certainly help people to

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observe their own lives  
from a different angle.

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book. - You will find the  
book analyzed to further

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The Gifts of Imperfection:  
10th Anniversary Edition

This is a Summary of Bren  
Brown's The Gifts of Imperfection:  
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You Are In The Gifts of



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Imperfection, Bren Brown, a  
leading expert on shame,  
authenticity, and belonging, shares  
ten guideposts on the power of  
Wholehearted living - a way of  
engaging with the world from a  
place of worthiness. Each day we

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face a barrage of images and  
messages from society and the  
media telling us who, what, and  
how we should be. We are led to  
believe that if we could only look  
perfect and lead perfect lives, we'd  
no longer feel inadequate. So most

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of us perform, please, and perfect,  
all the while thinking, "What if I can't  
keep all of these balls in the air?  
Why isn't everyone else working  
harder and living up to my  
expectations? What will people  
think if I fail or give up? When can I

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stop proving myself?" In her ten  
guideposts, Brown engages our  
minds, hearts, and spirits as she  
explores how we can cultivate the  
courage, compassion, and  
connection to wake up in the  
morning and think, "No matter what

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gets done and how much is left  
undone, I am enough," and to go to  
bed at night thinking, "Yes, I am  
sometimes afraid, but I am also  
brave. And, yes, I am imperfect and  
vulnerable, but that doesn't change  
the truth that I am worthy of love

Read Online The Gifts Of Imperfection Let Go Of Who You Think You're Supposed To Be And Embrace Who You Are and belonging." Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour all 160 pages. You get the main summary along with all of the

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You Are In The Gifts of  
Imperfection, Brene Brown, a  
leading expert on shame,  
authenticity, and belonging, shares  
ten guideposts on the power of  
Wholehearted living - a way of



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engaging with the world from a  
place of worthiness. Each day we  
face a barrage of images and  
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how we should be. We are led to  
believe that if we could only look

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perfect and lead perfect lives, we'd  
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all the while thinking, "What if I can't  
keep all of these balls in the air?  
Why isn't everyone else working  
harder and living up to my

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expectations? What will people think if I fail or give up? When can I stop proving myself?" In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and

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connection to wake up in the morning and think, "No matter what gets done and how much is left undone, I am enough," and to go to bed at night thinking, "Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and

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devour all 160 pages. You get the main summary along with all of the benefits and lessons the actual book has to offer. This summary is not intended to be used without reference to the original book."

Draws on research with hundreds

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of interviewees to identify the  
pervasive influence of cultural  
shame, discussing how women can  
recognize the ways in which shame  
influences their health and  
relationships and can be  
transformed into courage and

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connectivity.

Be And Embrace Who You Are  
Bestselling author Harriet Lerner  
focuses on the challenge and the  
importance of being able to express  
one's "authentic voice" in intimate  
relationships. The key problem in  
relationships, particularly over time,



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is that people begin to lose their voice. Despite decades of assertiveness training and lots of good advice about communicating with clarity, timing, and tact, women and men find that their greatest complaints in marriage and other

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intimate relationships are that they are not being heard, that they cannot affect the other person, that fights go nowhere, that conflict brings only pain. Although an intimate, long-term relationship offers the greatest possibilities for

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knowing the other person and being  
known, these relationships are also  
fertile ground for silence and  
frustration when it comes to  
articulating a true self. And yet  
giving voice to this self is at the  
center of having both a relationship

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and a self. Much as she did in THE  
MOTHER DANCE, Lerner will  
approach this rich subject with tales  
from her personal life and clinical  
work, inspiring and teaching  
readers to speak their own truths to  
the most important people in their

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lives.

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You Are Summary

**This is a Summary of Brene  
Brown's The Gifts of  
Imperfection: Let Go of Who  
You Think You're Supposed to**

Read Online The Gifts Of  
Imperfection Let Go Of Who  
You Think You're Supposed To  
**Be and Embrace Who You Are**  
**In The Gifts of Imperfection,**  
**Brene Brown, a leading expert**  
**on shame, authenticity, and**  
**belonging, shares ten**  
**guideposts on the power of**  
**Wholehearted living - a way of**



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**engaging with the world from  
a place of worthiness. Each  
day we face a barrage of  
images and messages from  
society and the media telling  
us who, what, and how we  
should be. We are led to**

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**believe that if we could only  
look perfect and lead perfect  
lives, we'd no longer feel  
inadequate. So most of us  
perform, please, and perfect,  
all the while thinking, "What if  
I can't keep all of these balls in**

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**the air? Why isn't everyone  
else working harder and living  
up to my expectations? What  
will people think if I fail or give  
up? When can I stop proving  
myself?" In her ten guideposts,  
Brown engages our minds,**

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**hearts, and spirits as she  
explores how we can cultivate  
the courage, compassion, and  
connection to wake up in the  
morning and think, "No matter  
what gets done and how much  
is left undone, I am enough,"**

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**and to go to bed at night  
thinking, "Yes, I am sometimes  
afraid, but I am also brave.  
And, yes, I am imperfect and  
vulnerable, but that doesn't  
change the truth that I am  
worthy of love and belonging."**

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**Available in a variety of  
formats, this summary is  
aimed for those who want to  
capture the gist of the book  
but don't have the current  
time to devour all 160 pages.  
You get the main summary**

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**along with all of the benefits  
and lessons the actual book  
has to offer. This summary is  
not intended to be used  
without reference to the  
original book."**

**PLEASE NOTE: This is an**

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**unofficial workbook and was  
created to be used as a  
compliment to Brene Brown's  
book: The Gifts of  
Imperfection. Imagine 2  
scenarios. In the first one you  
have just finished reading The**



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**Gifts of Imperfection. It was a great book and you remember that it mentioned a lot of smart things. But you can't remember much of it now as you close the book. In the second scenario you have just**

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**finished the same book. The  
difference now is that you  
have a plan for how to  
implement this new knowledge  
to improve your life. Most  
people will find themselves in  
scenario one. We believe that**

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**reading is an investment. You  
spend time with a book  
because you hope that it will  
make you happier, healthier,  
wealthier or smarter. But  
simply just reading a great  
book is not enough. You have**

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**to take action! In this  
workbook you will be guided  
through the process of how to  
make real and lasting changes  
from what you have read.  
You Need To Read This Book  
because this will help you dive**

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**deeper into the world of Brene  
Brown. Dr. Brene Brown has  
given readers yet another self-  
help book to wow audiences  
and transform readers' lives.  
She hasn't disappointed with  
her books in the past and The**

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**Gifts and Imperfections is no  
different. In this book she  
defines what it means to live a  
wholehearted life and then  
gives readers ten solid  
guideposts to incorporating  
wholehearted living into**

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**readers' lives. This sidekick  
explores the idea of  
wholehearted living on a  
deeper level and will help  
readers take Dr. Brown's self-  
help book and ask the  
questions she asks along with**

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**the ones her novel begs to be asked as well. This sidekick includes several guides to help readers explore Dr. Brown's concepts on more in-depth levels. Specifically this sidekick will help readers by**



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**giving them: Detailed chapter  
summaries to refresh and help  
readers recall important  
details An introduction to Dr.  
Brene Brown, her famous  
works and her background A  
thorough analysis of the**

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**themes Dr. Brown is trying to  
portray and teach through the  
book A comprehensive list of  
the challenges Dr. Brown  
extends to her readers  
through the book for easy  
reference A set of discussion**

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**questions and topics for both  
individuals and groups to  
consider as they read through  
the book and after completing  
the book Important discussion  
quotes for readers to find and  
reference A discussion on the**

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**writing style and structure of  
the book Disclaimer: This book  
serves as an accompaniment  
to the bestseller The Gifts of  
Imperfection: Let Go of Who  
You Think You're Supposed to  
Be and Embrace Who You Are**

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Be And Embrace Who You Are  
**by Brene Brown. It is meant to  
broaden the reader's  
understanding of the book and  
to offer some insights which  
can easily be overlooked. You  
should order a copy of the  
actual book before reading**

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**this."**

**INSTANT NEW YORK TIMES**

**BESTSELLER "Searing.**

**Powerful. Needed." —Oprah**

**"Sometimes a single story can  
change the world. Unbound is  
one of those stories. Tarana's**

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**words are a testimony to  
liberation and love.” —Brené  
Brown From the founder and  
activist behind one of the  
largest movements of the  
twentieth and twenty-first  
centuries, the "me too"**

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**movement, Tarana Burke  
debuts a powerful memoir  
about her own journey to  
saying those two simple yet  
infinitely powerful words—me  
too—and how she brought  
empathy back to an entire**



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**generation in one of the  
largest cultural events in  
American history. Tarana  
didn't always have the  
courage to say "me too." As a  
child, she reeled from her  
sexual assault, believing she**

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**was responsible. Unable to  
confess what she thought of  
as her own sins for fear of  
shattering her family, her soul  
split in two. One side was the  
bright, intellectually curious  
third generation Bronxite**

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**steeped in Black literature and  
power, and the other was the  
bad, shame ridden girl who  
thought of herself as a vile  
rule breaker, not as a victim.  
She tucked one away, hidden  
behind a wall of pain and**

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**anger, which seemed to  
work...until it didn't. Tarana  
fought to reunite her fractured  
self, through organizing,  
pursuing justice, and finding  
community. In her debut  
memoir she shares her**

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**extensive work supporting and  
empowering Black and brown  
girls, and the devastating  
realization that to truly help  
these girls she needed to help  
that scared, ashamed child  
still in her soul. She needed to**

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**stop running and confront  
what had happened to her, for  
Heaven and Diamond and the  
countless other young Black  
women for whom she cared.  
They gave her the courage to  
embrace her power. A power**

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**which in turn she shared with  
the entire world. Through  
these young Black and brown  
women, Tarana found that we  
can only offer empathy to  
others if we first offer it to  
ourselves. Unbound is the**

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**story of an inimitable woman's  
inner strength and  
perseverance, all in pursuit of  
bringing healing to her  
community and the world  
around her, but it is also a  
story of possibility, of**



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**empathy, of power, and of the  
leader we all have inside  
ourselves. In sharing her path  
toward healing and saying "me  
too," Tarana reaches out a  
hand to help us all on our own  
journeys.**

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**The Miracle Morning  
Don't Sweat the Small Stuff by  
Richard Carlson (Summary)  
What They Say, Why They  
Matter, and How They Can  
Help You  
Workbook for Brene Brown's**

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**the Gifts of Imperfection**  
**(Unofficial)**

**Let Go of Who You Think  
You're Supposed to Be and  
Embrace Who You Are**  
**Atlas of the Heart**  
**Summary - The Gift of**

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**Imperfection**  
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NEW YORK TIMES BESTSELLER

- This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to

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make the work your own.

For over a decade, Brené  
Brown has found a special  
place in our hearts as a  
gifted mapmaker and a  
fellow traveler. She is  
both a social scientist

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and a kitchen-table friend  
whom you can always count  
on to tell the truth, make  
you laugh, and, on  
occasion, cry with you.  
And what's now become a  
movement all started with

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The Gifts of Imperfection, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a

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page to effective daily  
practices are the ten  
guideposts to wholehearted  
living. The guideposts not  
only help us understand  
the practices that will  
allow us to change our



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lives and families, they  
also walk us through the  
unattainable and  
sabotaging expectations  
that get in the way. Brené  
writes, "This book is an  
invitation to join a

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wholehearted revolution. A  
small, quiet, grassroots  
movement that starts with  
each of us saying, 'My  
story matters because I  
matter.' Revolution might  
sound a little dramatic,

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but in this world,  
choosing authenticity and  
worthiness is an absolute  
act of resistance.”

Have You Ever Wished That  
You Were Better Looking?  
Or maybe it's not the

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physical aspects but the  
emotional, spiritual,  
relationship, finance or  
career aspect of your  
life. Ever wished you were  
richer? Or taller? Or  
skinnier? Or better? Or

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had more friends? We've  
all had our fair share of  
insecurity and self-  
doubts. If we let it, they  
will control us. The Gifts  
of Imperfection by Brene  
Brown is a book that

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redefines our  
imperfections. In a  
totally perfectly  
imperfect world, which we  
live in today, practical  
wisdom is more than  
needed. It's essential.

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Here's what you'll  
discover... --- Chapter 1:  
Living With Your  
Imperfections --- Chapter  
2: How to Really Feel Life  
You're Enough Through Love  
--- Chapter 3: The

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Barriers At Hand ---  
Chapter 4: Why & How to  
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Others Think --- Chapter  
5: How to Overcome  
Obsessive Perfectionism  
--- Chapter 7: Feeling



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Gratitude & Joy, And How  
to Bring It Forward ---  
Chapter 12: Building Work  
That Means Something ---  
Chapter 13: Learning to  
Let Go --- And so much  
more. In a world where

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everyone can hurt each  
other by staying anonymous  
behind a laptop or  
computer, we need more  
love & grace than before.  
Are you ready to embrace  
the gifts of your

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imperfections & help  
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inject our opinions into  
the original works of the

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authors --- Actionable  
Now... because knowledge  
is only potential power  
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realize that it is a great  
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development and growth.  
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matter will be greatly  
amplified.

The renowned classic and



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New York Times bestseller  
that has transformed the  
lives of millions of  
readers, dramatically  
changing how women and men  
view relationships. Anger  
is something we feel. It

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exists for a reason and  
always deserves our  
respect and attention. We  
all have a right to  
everything we feel—and  
certainly our anger is no  
exception. "Anger is a

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signal and one worth  
listening to," writes Dr.  
Harriet Lerner in her  
renowned classic that has  
transformed the lives of  
millions of readers. While  
anger deserves our

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attention and respect,  
women still learn to  
silence our anger, to deny  
it entirely, or to vent it  
in a way that leaves us  
feeling helpless and  
powerless. In this

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engaging and eminently  
wise book, Dr. Lerner  
teaches both women and men  
to identify the true  
sources of anger and to  
use it as a powerful  
vehicle for creating

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lasting change. For  
decades, this book has  
helped millions of readers  
learn how to turn their  
anger into a constructive  
force for reshaping their  
lives. With a new

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introduction by the  
author, The Dance of Anger  
is ready to lead the next  
generation.

Failed an exam, bungled an  
interview, screwed up a  
relationship, broken your

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diet, or stuffed up at  
work? Yur brain is the key  
to getting back on track.  
Change your life for the  
better. Learn how to  
'rubberise' your brain,  
making it more flexible



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and resilient. Deal with  
challenges in an optimal  
way, and 'bounce' back  
from adversity. Your brain  
controls your conscious  
thoughts and behaviours,  
like deciding whether to

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study or party, or whether  
to get two scoops of  
gelato or six. And when  
you find yourself doing  
things that you wish you  
hadn't done (like all that  
gelato), it's likely your

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brain has indulged in what  
psychological scientists  
call suboptimal thinking.  
Essentially, your brain  
doesn't always deliver the  
kind of thinking that  
leads to desired positive

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outcomes, such as  
maintaining supportive  
friendships, and doing  
well in your work, studies  
and social life. But you  
and your brain can do  
better. In this book, five

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leading psychological  
educators show you simple  
tools derived from solid  
science covering  
everything from positive  
psychology to goal  
setting, from mindfulness

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to CBT, and from emotional  
regulation to moral  
reasoning, to optimise  
your thinking. Using a  
model they have developed  
over years of study and  
application you can

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discover how resilience  
and psychological  
flexibility combine to  
allow you to choose ways  
of thinking in response to  
different situations that  
will produce the best

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outcome for you for that situation. Read this book and learn how to optimally tackle issues of motivation, stress, time-management, and relationship maintenance.



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Your mind will be clearer  
and your life better.

The Dance of Anger  
Summary Bren Brown's the  
Gifts of Imperfection  
Vulnerability, Shame  
Resilience, and the Black

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Experience  
Key Takeaways, Analysis &  
Review

Brené Brown's the Gifts of  
Imperfection

Workbook For The Gifts of  
Imperfection: Let Go of

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Who You Think You're  
Supposed to Be and Embrace  
Who You Are  
Dare to Lead

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book and NOT the original book. The  
Gifts of Imperfection by Brene Brown | A

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30-minute Summary Inside this Instaread  
Summary: □ Overview of the entire book □  
Introduction to the important people in the  
book □ Summary and analysis of all the  
chapters in the book □ Key Takeaways of  
the book □ A Reader's Perspective Preview  
of this summary: Chapter 1 It is necessary  
to practice courage, compassion, and

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connection on a daily basis in order to develop worthiness. It is a mistake to try and win someone over, because it means trading in the sense of self in search of approval from another. By doing this, people stop believing in their own worth. The first step toward living wholeheartedly is for people to have the

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courage to reach out to others and to share their own stories of shame. When in need of compassion, people should reach out to the right person, someone who supports them whether they are feeling strong or whether they are struggling. When people are willing to reveal that they are imperfect and real, their relationships are

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strengthened. They make a connection.  
This is why courage, compassion, and  
connection are the gifts of imperfection.  
Courage is displayed when people are  
willing to speak honestly and openly about  
who they are, what they are feeling, and  
their experiences both good and bad.  
Courage is about being vulnerable. It takes

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courage for someone to ask for what he or she needs and to risk disappointment.

When one person has courage, it can create a ripple effect, making others around that person a little braver.

Compassion is a relationship between two equals. It occurs when people recognize they share humanity with others. The heart



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of compassion is acceptance by people of themselves and of others. In order for compassion to occur, people need to set boundaries and hold others accountable for their behavior. The key to compassion is being able to separate people from their behaviors. It is necessary to address what people do, not who they are. Connection

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exists as the energy between people who feel they have been seen, heard, and valued without judgment. People feel strengthened by this relationship and need connection to do well emotionally, physically, spiritually, and intellectually. Connections happen when people both give and receive with an open heart.

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Chapter 2 Love and belonging are necessary in people's lives. In order for people to experience love and belonging, they must believe they are worthy. People who accept themselves for who they are and who stop worrying about what others think are worthy of love and belonging. At the heart of wholeheartedness is that

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people have to believe they are worthy  
now, as they are, not if or when they  
become or do something in the future....

#1 NEW YORK TIMES BESTSELLER □

Brené Brown has taught us what it means  
to dare greatly, rise strong, and brave the  
wilderness. Now, based on new research  
conducted with leaders, change makers,

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and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding

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power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes

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infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're

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choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené



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Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits,

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civic organizations, and Fortune 500 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have

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come to expect and love. Brown writes,  
"One of the most important findings of my  
career is that daring leadership is a  
collection of four skill sets that are 100  
percent teachable, observable, and  
measurable. It's learning and unlearning  
that requires brave work, tough  
conversations, and showing up with your

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whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here. Whether you've read *Daring Greatly and Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up

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and into brave leadership.

NEW YORK TIMES BESTSELLER

Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organizers, artists, academics, and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame

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resilience. Contributions by Kiese  
Laymon, Imani Perry, Laverne Cox, Jason  
Reynolds, Austin Channing Brown, and  
more NAMED ONE OF THE BEST  
BOOKS OF THE YEAR BY MARIE  
CLAIRE AND BOOKRIOT It started as a  
text between two friends. Tarana Burke,  
founder of the #me too. Movement, texted

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researcher and writer Brené Brown to see if she was free to jump on a call. Brené assumed that Tarana wanted to talk about wallpaper. They had been trading home decorating inspiration boards in their last text conversation so Brené started scrolling to find her latest Pinterest pictures when the phone rang. But it was

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immediately clear to Brené that the conversation wasn't going to be about wallpaper. Tarana's hello was serious and she hesitated for a bit before saying, "Brené, you know your work affected me so deeply, but as a Black woman, I've sometimes had to feel like I have to contort myself to fit into some of your



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words. The core of it rings so true for me, but the application has been harder. Brené replied, "I'm so glad we're talking about this. It makes sense to me. Especially in terms of vulnerability. How do you take the armor off in a country where you're not physically or emotionally safe?" Long pause. "That's why I'm calling," said

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Tarana. "What do you think about working together on a book about the Black experience with vulnerability and shame resilience?" There was no hesitation. Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing. Along with the anthology contributors, they

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create a space to recognize and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life.

'Pippa Grange has something to teach all of us when it comes to letting go of perfectionism and anxiety, and living with open hearts rather than clenched fists. Fear

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Less is a total game-changer.' Brené Brown If we were truly free from fear, what could we achieve? We strive for success, but we are rarely happy. The more we try to win - putting on a brave face for work or family - the more we risk losing ourselves. And even reaching our goals can feel strangely hollow. The

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culprit? Fear. It makes us anxious, or  
shameful, or turns us into perfectionists.

We pretend to be someone else while  
aiming for a status that's never truly  
satisfying. There is another way. A way to  
find our true voice, to win on our own  
terms. Building that open mindset is at the  
heart of this mould-breaking book by Dr

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Pippa Grange, the psychologist who helped transform the England team, taking them all the way to the World Cup semi-finals in 2018. In *Fear Less*, Pippa Grange shows all of us how, by starting to live with less fear, we can find our real passions and deeper fulfilment. Her simple manifesto enables us to replace stress with

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courage, and connect with the people around us on a far deeper level. This type of success isn't about trophies or beating others, it's about winning at the very deepest level: winning from within. It's time to fear less.

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Are: Based on the Book by Brené Brown  
Rising Strong

How to Talk to Someone When You're  
Mad, Hurt, Scared, Frustrated, Insulted,  
Betrayed, or Desperate

Let Go of Who You Think You're  
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Are by Brene Brown



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The Gifts of Imperfection by Brené Brown  
| A 30-minute Summary

Dare to Lead by Brené Brown (Summary)  
Brave Work. Tough Conversations. Whole  
Hearts.

***PLEASE NOTE: THIS IS A  
COMPANION TO THE BOOK AND  
NOT THE ORIGINAL BOOK. The***

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*Miracle Morning: by Hal  
Elrod | Key Takeaways,  
Analysis & Review The  
Miracle Morning: The Not-So-  
Obvious Secret Guaranteed to  
Transform Your Life Before  
8am, by Hal Elrod, is a self-  
help book that explores the*

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*key point that the start of  
a person's day not only sets  
the tone for that day, but  
also has a profound impact  
on the rest of a person's  
life. Indeed, Elrod explains  
that ninety-five percent of  
people struggle their entire*

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lives because they fail to  
work on personal  
development, fail to start  
their day off right, and  
fail to choose to live  
differently... This  
companion to *The Miracle  
Morning* includes: Overview

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of the book *Important People*  
*Key Takeaways Analysis of*  
*Key Takeaways and much more!*  
*The 100 Best Business Books*  
*of All Time*