



Rising Strong by Brené Brown: Book Summary

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This is a book summary of *Rising Strong* by Brené Brown.

Rising Strong by Brené Brown

Publication Date: August 25, 2015

Original book description:

When we deny our stories, they define us. When we own our stories, we get to write the ending. Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and 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 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 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 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 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, 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.

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Richard Vazquez:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity this is look different you can read a book. It is really fun for you personally. If you enjoy the book that you read you can spent the entire day to reading a e-book. The book Rising Strong by Brené Brown: Book Summary it doesn't matter what good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore simply to read this book from the smart phone. The price is not to cover but this book offers high quality.

Ray Shippee:

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