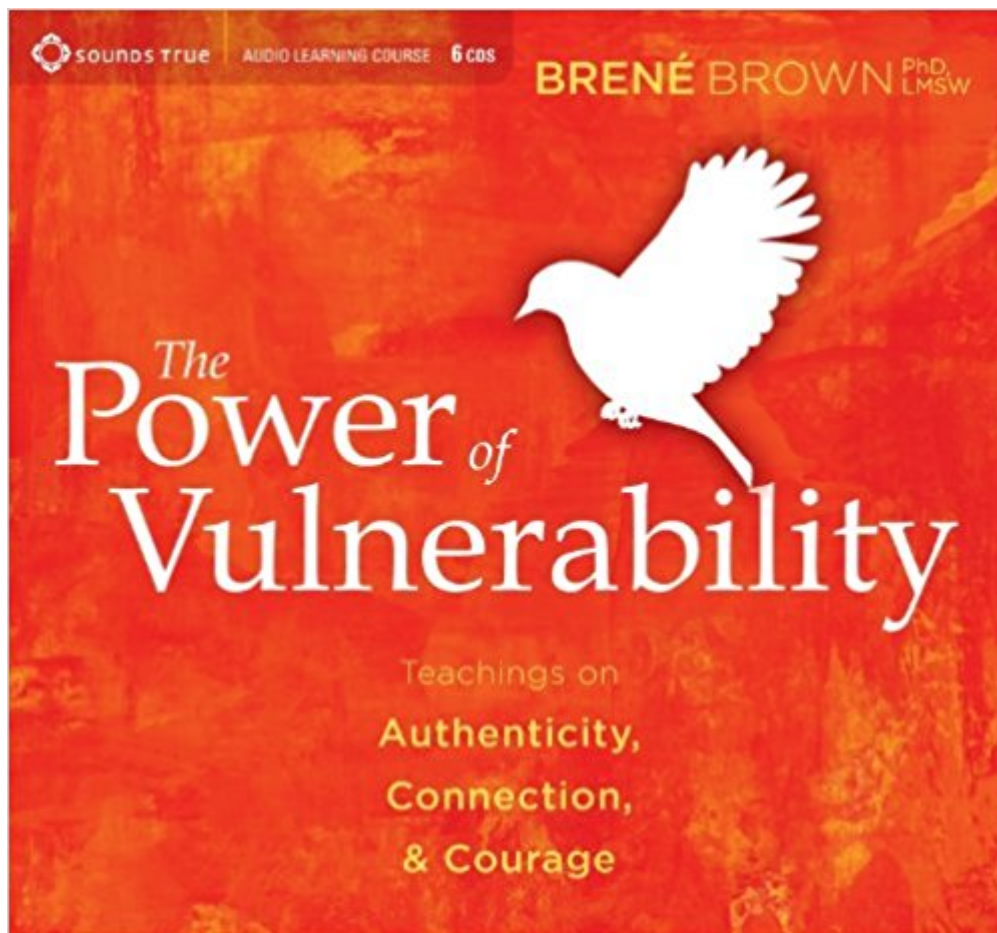




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# The Power Of Vulnerability: Teachings On Authenticity, Connection And Courage



## Synopsis

Show Up and Let Yourself be Seen Is vulnerability the same as weakness? "In our culture," teaches Dr. Brené 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," Brené explains. "This is the first place that all of my work comes together. This audio course draws from all three of my books-it's the culmination of everything I've learned over the past twelve years. 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." *Guidance and Insights for Wholehearted Living* Over the past twelve years, Dr. Brené Brown has interviewed hundreds of people as part of an ongoing study of vulnerability. "The research shows that we try to ward off disappointment with a shield of cynicism, disarm shame by numbing ourselves against joy, and circumvent grief by shutting off our willingness to love," explains Dr. Brown. 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. "In my research," Dr. Brown says, "the word I use to describe people who can live from a place of vulnerability is wholehearted." Being wholehearted is a practice-one that we can choose to cultivate through empathy, gratitude, and awareness of our vulnerability armor. 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.

**HIGHLIGHTS**

- Cultivating shame resilience-the key to developing a sense of worth and belonging
- Vulnerability as the origin point for innovation, adaptability, accountability, and visionary leadership
- Our emotional armory-how we use perfectionism, numbing, and other tactics to avoid feeling vulnerable
- The myths of vulnerability-common misconceptions about weakness, trust, and self-sufficiency
- Discovering your vulnerability armor-recognizing what makes us shut down, and how we can change
- The 10 guideposts of wholehearted living-essential skills for becoming fully engaged in life
- Six hours of stories, warm humor, and transformative insights for living a life of courage, authenticity, and compassion from Dr. Brené Brown

## Book Information

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## Customer Reviews

A practical training program on embracing our imperfections to discover our true source of strength, connection, and purpose.

Brené Brown, Ph.D., LMSW is a research professor at the University of Houston Graduate College of Social Work. She is a nationally renowned speaker and has won numerous teaching awards, including the College's Outstanding Faculty Award. Her books include *Daring Greatly*, *The Gifts of Imperfection*, and *I Thought It Was Just Me (but it isn't)*. Her groundbreaking research has been featured on PBS, NPR, and CNN. Her 2010 TEDx talk on the power of vulnerability, which has been translated into 38 languages, is one of the most watched talks on TED.com with over 5 million views. Most recently, Brené gave the closing talk at TED2012. For more, visit [brenebrown.com](http://brenebrown.com).

Thank you, Dr. Brown for presenting your research and teachings on "The Power of Vulnerability". I am deeply grateful. I write this review after only listening to five of the six CD's contained in the audio learning course! For those of you not familiar with Dr. Brown's research, I would strongly encourage you to watch her 'Ted talk' on "The Power of Vulnerability" AND "Listening to Shame." In this voluminous audio learning six CD course, Dr. Brown (yes, it is actually Dr. Brown speaking), effectively and humorously weaves personal real life story into her research findings/teachings. Each CD takes on a subject, with eight to eleven sub topics under each subject. CD running times range each from 58 to 73 minutes. The "Power of Vulnerability" will require deep introspect of

oneself. It will make you examine your present known vulnerabilities, and for me, uncover one's I was not aware of. Are you ready for that? Are you looking to improve your emotional health? If yes, consider Dr. Brown's audio learning course a life-saving-altering-for-the-good investment. Make no mistake; putting Dr. Brown's teachings into 'play' requires tremendous effort and self-discipline. It requires personal PRACTICE, practice that we can apply to our everyday lives. For me, it may require a life time of practice. But that's okay, because the "Power of Vulnerability" gave me hope that I can re-introduce joy into my life. For those of you under professional counseling, like me, this audio learning course may even move you further along with your cognitive based therapy. I know for me it will. Personally, I feel "The Power of Vulnerability" will give me a set of keys that will unlock those previously closed emotional doors of "authenticity," "connection," and "courage."

First, I am so thankful Bren'e was willing to sit through hours and hours of recording sessions so that we the listener can hear her work in her voice. This collection of work captures so much of what Bren'e has worked on in her study of Shame and vulnerability. I will listen to these 6 CDs over and over again. As a marriage and family therapist I have incorporated what I have learned from this work into every hour of my professional life. It has radically improved the way I live and love.

LOVE THIS CD!! Brene Brown hit a home-run on this CD. She is entertaining and informative. My husband - who doesn't buy into all the self help stuff- stated that he enjoyed it and that he did learn about himself and his perfectionism. This 6 hour CD Brene Brown takes the information from Daring Greatly and Gifts on Imperfection and presents it in a very entertaining and educational format.

Brene Brown I have followed you since before you became a sensation on TED. Not only do you talk about the subjects that need to be addressed, i.e. shame, guilt, numbing, foreboding joy, you are excellent at personalizing it so that we can all relate. When your first video on TED came out I made guy I had just met watch it, and I told him if he couldn't handle things like that then we couldn't date. Well we're now married and now can better address issues and have great communication skills. I would buy every single one of Brene's books and audio tapes because they are a great resource for personal development, no matter what you are going through. Don't let the title scare you away, because vulnerability = power over your life.

Recommend this program to everyone I meet. A wonderful meeting place of published works "I Thought It Was Just Me," "The Gifts of Imperfection," and "Daring Greatly." She is a tremendous

speaker and delivers her message in an entertaining, yet educational way!

Qualitative researchers, which this author is, are people who take a subject and get tried and tested (and real life examples) data; how the author puts it, Stories are data with a soul. This is what Dr Brene Brown has done. She has started a conversation about the topics of shame, vulnerability, authenticity and courage, which I think are missing in this world. This audio book talks about struggles. It outlines with a list of things where we as a world typically have shortcomings and how we use that emotional state to view the world and ourselves. The author lists them out so we can see what happens when we go through tough times and what we can do to overcome the resultant damage. I would like to say, don't look at the rating here. This audio book has some guidelines to cope with the vast intricate world that we live in. I recommend those messages to you. Hopefully, after listening to this, you are enlightened and you view the world differently to what us as humans have defined the world to be; from the bad things and the good things that happen in this world, from point of views of us as individuals, as a community, and as a world.

Had some good points, though repetitive, and not new. Lot's of personal stories that are engaging.

I love my Brene' Brown book on CD. The Power of Vulnerability is a great book with many good life tools.

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