

BRENÉ BROWN 



# *The* Power *of* Vulnerability

Teachings on  
Authenticity,  
Connection,  
& Courage

*Brené Brown PhD and*

**The Power of Vulnerability: Teachings of Authenticity,  
Connection, and Courage**



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" On THE ENERGY of Vulnerability, Dr. Brené Brown, "we associate vulnerability with feelings you want to avoid such as fear, shame, and uncertainty. Yet we all too often lose view of the fact that vulnerability is also the birthplace of pleasure, belonging, imagination, authenticity, and love. Show Up and Permit Yourself to Be Seen Is vulnerability the same as weakness? Brené Brown. Right here she dispels the cultural myth that vulnerability is usually weakness and reveals that it is, in truth, our most accurate way of measuring courage. "The Power of Vulnerability is a very personal task for me personally," Brené explains. "Inside our tradition," teaches Dr. Brené Brown. This audio training course draws from all three of my books - it is the culmination of everything I've learned over the past twelve years." Getting wholehearted is certainly a practice-one that we can choose to cultivate through empathy, gratitude, and knowing of our vulnerability armor." Assistance and Insights for Wholehearted Living Over the past twelve years, Dr. Brené Brown has interviewed a huge selection of people as part of an ongoing study of vulnerability. The myths of vulnerability - common misconceptions about weakness, trust, and self-sufficiency. Brené Brown. When we become aware of these patterns, she teaches, we commence to become mindful of how much we sacrifice in the name of self-protection -and how much richer our lives become when we open up ourselves to vulnerability. "In my own research," Dr. Brené Brown says, "the term I use to describe individuals who can live from a place of vulnerability is usually wholehearted. I'm extremely excited to weave everything into a truly comprehensive form that presents what these findings and insights often mean in our lives. Discovering your vulnerability armor - recognizing why we shut down, and how we can transform. HIGHLIGHTS Cultivating shame resilience-the important to creating a sense of worth and belonging. Vulnerability as the origin point for invention, adaptability, accountability, and visionary leadership. Our emotional armory - how we use perfectionism, numbing, and other tactics to avoid feeling vulnerable. "The study shows that we make an effort to ward off disappointment with a shield of cynicism, disarm shame by numbing ourselves against pleasure, and circumvent grief by shutting off our willingness to love," explains Dr. Brené Brown. Join this engaging and heartfelt instructor on The Power of Vulnerability as she gives profound insights on leaning into the full spectrum of emotions-therefore we can arrive, let ourselves be seen, and truly be all in. The 10 guideposts of wholehearted living - essential abilities for becoming completely engaged in life. Six hours of stories, warm humor, and transformative insights for living a life of courage, authenticity, and

compassion from Dr. Dark brown provides an invitation and a guarantee - that when we dare to drop the armor that protects us from feeling vulnerable, we open up ourselves to the encounters that provide purpose and meaning to our lives.



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I can assure I will be listening to this once again and that we will be investing in a copy to create notes on and highlight. Amazing So pleased I started with this audiobook from Brene Brown. Each CD takes on a subject, with eight to eleven sub topics under each subject. The author's style is simple and approachable since it can be a six-hour lecture sent to a room full of colleagues. For anybody unfamiliar with Dr. Life Changing audio publication that I will listen to again This was recommended to me by one of my own coworkers."In this voluminous audio learning six CD program, Dr. Brene Brown (yes, it is actually Dr. Brene Brown delivered her information, and her humor, and illustrations of what she was discussing. I am deeply grateful. For me, it may need a life of practice.. It'll make you test your present known vulnerabilities, and for me personally, uncover one's I had not been aware of. I love Brene Brown & Are you looking to boost your emotional wellness? If yes, consider Dr. Brene is brilliant, You will recognize that as you pay attention to this. Make no mistake; placing Dr. Brown's teachings into 'play' requires tremendous work and self-discipline. her work This. CD running times range each from 58 to 73 a few minutes. But that's okay, as the "Power of Vulnerability" gave me hope that I can re-introduce pleasure into my life. For those of you under professional counseling, like me, this sound learning course may even move you further together with your cognitive based therapy. Brene Brown I've followed you since before you became a feeling on TED. Personally, Personally I think "THE ENERGY of Vulnerability" will give me a couple of keys that will unlock those previously shut emotional doors of "authenticity," "connection," and "courage." CD entertaining enough to be a humor tape, good information! I got the CD and paid attention to it with my partner, who grumped about needing to pay attention to a self-help tape about a long trip. But it was partner who kept stating, "Wow! We both paid attention to the audiobook. Brown speaking), effectively and humorously weaves personal real life tale into her research findings/teachings. She was clear to see and gave plenty of "ah HA! I've recommended this recording to close friends and they've treasured it as well. Some of the ideas she released were:>We are able to only love another person to the degree we love ourselves (then she continues on showing you how this is probably so, showing parents that the things that they're negative to within their children are actually things that they find hard to simply accept in themselves.>She illustrate that many of us have reached the point where we carry out not desire to be hurt thus badly, that we decide not to embrace the pleasure that we could in our lives; because we might hurt to lose it... Love, love this book Dr. Maybe we can finally place the Post War let-not-talk-about-it stoicism to bed. She shows how exactly we numb ourselves, using meals, TV, internet, social networking and different ways; just as addicts use drugs or alcoholic beverages and is so frank and honest and blunt in all of her insight which you experience washed of your discomfort at the

idiots that confound our lives. In cases like this, both are top-notch. One essential feature that is often overlooked in a review of audiobooks, may be the quality of the recording and the quality of the narrator's delivery. I Didn't Want to Buy to End Brene Brown will a masterful job of informing her personal stories to add color to the study data that is presented in this delightful audiobook. I frequently can only just listen to a few minutes of gravelly or nasal voices on a recording before I rip it from the participant and toss it in the circular document or send out it back again for a refund. She is very charismatic while conveying some very important messages. The producers have taken the time to stabilize the audio tracks so the listener doesn't need to adjust the quantity to accommodate for the roars of laughter from the live audience or the poignant whispers from the depths of the author's soul. The live audience is totally engaged with the author and she does a good job of letting the listener know what is happening in the room visually. She engages just as her message advocates. She unpacks Very hard topics and applies them in relatable methods... she lays it out there. We were ready to order more by this same writer and were somewhat disappointed to find that her prior audiobooks acquired professional narrators. The opportunity to encourage people to absorb this attitude of vulnerability without sounding preachy or judgmental is truly something special possessed by Ms. Brown. To my total delight, the display of the audiobook was equally engaging to my 14 year old girl who was often listening when she was a passenger in my car. That's right...The "Power of Vulnerability" will require deep introspect of oneself. 14, the most critical age group for all things audio. No glossing over uncomfortable statistics or topics and no whitewashing of our behavioral miscues are employed. We were unfortunate that audiobook had to end and so are eagerly awaiting the next body of function by this author. LOVE. LOVE. LOVE. I understand for me it'll. Not merely do you talk about the subjects that need to be addressed, i.e. shame, guilt, numbing, foreboding pleasure, you are great at personalizing it so that we can all relate. Very interesting Very interesting Life Changing This lecture has changed my entire life! I would purchase every single one of Brene's books and sound tapes because they're an excellent resource for personal advancement, no matter what you are going through. Well we're now married and now can better address issues and also have great communication abilities. Don't let the name scare you aside, because vulnerability = power over your life. I gifted these CD's to my group and it helped us sort out sticky situations since it gave us common language (example: over functioning/ under functioning) and it depersonalized quite a few human qualities while also enabling more compassion. I love her wisdom, her vulnerability, her research based information & most of all her love of life. I really like her wisdom Life shifting encounter. Her guideposts are well worth paying attention to and cultivating to possess a wholehearted lifestyle. Guide

to Life Should be offered to any young adult as a guide to understanding feelings and relating to others. Essential for navigating life's trip. I create this review after only listening to five of the six CD's within the audio learning training course! This makes it much more approachable than an audiobook reading. The crowd reactions are natural and Brene Brown's design is easy and practiced, without seeming too polished. Highly recommend for anyone who wants to place a rational framework around understanding shame as the most basic of human emotions and the requirement of vulnerability for advancing relationships.> Brown's research, I would highly encourage you to view her 'Ted talk' on "The Power of Vulnerability" AND "Hearing Shame."We both laughed at just how Dr. There's so very much to get out of this book.Gratitude Thank you, Dr. The writer does a fantastic job making her stage while keeping me involved rather than running away in dread. I've a feeling that this book will be. Real life changer for me personally and for my husband. Whenever your first video on TED came out I made man I had simply met view it, and I informed him if he couldn't handle things like that then we couldn't date. That is even more of a live meeting style over a typical audiobook documenting, but is actually great nonetheless - super easy to listen to. Dr Brene Brown gets the most profound insight. I am listening to this again soon.and so live un-actualized lives. Brown is indeed hilarious and correct in her publication. I listened to it over and over and I strongly suggested it to other folks. Changed my life Borrowed from the library & had to buy it for myself. Are you ready for that? It requires personal PRACTICE, practice that people can apply to our everyday lives..... This is my head to. I listen to it again and again, every time learning something new. Brown's audio learning course a life-saving-altering-for-the-good investment.. I have a brand-new understanding and also have successfully changed the way I think/procedure. I don't know how to state this without seeming cheesy, Brene Dark brown's research, work and capability to effectively talk to me has transformed my life (to find the best, obv); I am grateful. Brown for presenting your quest and teachings on "THE ENERGY of Vulnerability". I've always heard about her and decided to provide this one a go. This author is a satisfaction to hear.!" moments as you paid attention to what the research was showing. Strongly suggested!



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