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Social scientist Brené Brown, PhD,
LMSW has sparked a global conversation
about the experiences that bring meaning
to our lives – experiences of courage,**

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vulnerability, love, belonging, shame and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarisation. With her trademark mix of research, storytelling and honesty, Brown will again change the cultural conversation while mapping out a clear path to true belonging.

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Braving the wilderness is a call to action for showing up fully and embracing the fullness of our human potential. It is an

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invitation to unfold and stretch your physical, emotional, mental and spiritual contours. I suggest to read it with curiosity and stay present to what is feeling right and comfortable and what is feeling not so comfortable.

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Braving the Wilderness: The quest for true
belonging and ...

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Several years ago, I read *Braving the Wilderness* by Brené Brown. In my quest for continual self-growth, inspiration and motivation during challenging moments in life, this book and its messages have been a blessing and created a platform for me to share with others the idea of braving our own, internal “wilderness”. A

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Brown writes, `The wilderness is an

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untamed, unpredictable place of solitude and searching. It is 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 stand.'

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A timely and important book that
challenges everything we think we know
about cultivating true belonging in our
communities, organizations, and culture,
from the #1 bestselling author of Rising
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doesn't require us to change 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 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 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 belonging. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we 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

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sacredness both in being a part of something 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 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 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 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 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

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“True belonging, and it's the bravest and most sacred place you will ever stand.”

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A timely and important book that challenges everything we 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 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 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 lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*,

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A timely and important new book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of *Rising*

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"The physics of vulnerability is simple: If we are brave enough often enough, we will fall. The author ... tells us what it takes to get back up, and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending"--

Draws on research with hundreds 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 connectivity.

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The Quest For True

"Hosts of all kinds, this is a must-read!"

--Chris Anderson, owner and curator of
TED From the host of the New York

Times podcast Together Apart, an exciting new approach to how we gather that will transform the ways we spend our time together--at home, at work, in our communities, and beyond. In *The Art of Gathering*, Priya Parker argues that the gatherings in our lives are lackluster and unproductive--which they don't have to be. We rely too much on routine and the conventions of gatherings when we should focus on distinctiveness and the people involved. At a time when coming together is more important than ever, Parker sets forth a human-centered approach to gathering that will help everyone create meaningful, memorable experiences, large and small, for work and for play. Drawing on her expertise as a facilitator of high-

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powered gatherings around the world, Parker takes us inside events of all kinds to show what works, what doesn't, and why. She investigates a wide array of gatherings--conferences, meetings, a courtroom, a flash-mob party, an Arab-Israeli summer camp--and explains how simple, specific changes can invigorate any group experience. The result is a book that's both journey and guide, full of exciting ideas with real-world applications. The Art of Gathering will forever alter the way you look at your next meeting, industry conference, dinner party, and backyard barbecue--and how you host and attend them.

A compelling and provocative exploration of the complexities of shame and its impact on women's lives. Based on interviews with over 200 women, here are ideas, information, and strategies for

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Understanding shame across a wide range of topics, including appearance, sex, body image, motherhood, parenting, health, and aging, supported by poignant and relevant case examples. Four key elements that allow women to transform shame into connection and acceptance are identified and explained. Original.

#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, 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 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 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,

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and courage, to start. Four-time #1 New York Times bestselling author Brené 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, civic organizations, and Fortune 50 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 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

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percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your 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 and into brave leadership.

****Now on Netflix as *The Call to Courage***** 'She's so good, Brené Brown, at finding the language to articulate collective feeling' Dolly Alderton Every time we are faced with change, no matter how great or small, we also face risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those

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feelings - or feel guilt for feeling them in the first place. In a powerful new vision Dr Brené Brown challenges everything we think we know about vulnerability, and dispels the widely accepted myth that it's a weakness. She argues that, in truth, vulnerability is strength and when we shut ourselves off from vulnerability - from revealing our true selves - we distance ourselves from the experiences that bring purpose and meaning to our lives. Daring Greatly is the culmination of 12 years of groundbreaking social research, across every area of our lives including home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees. This is vulnerability. This is daring greatly.

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