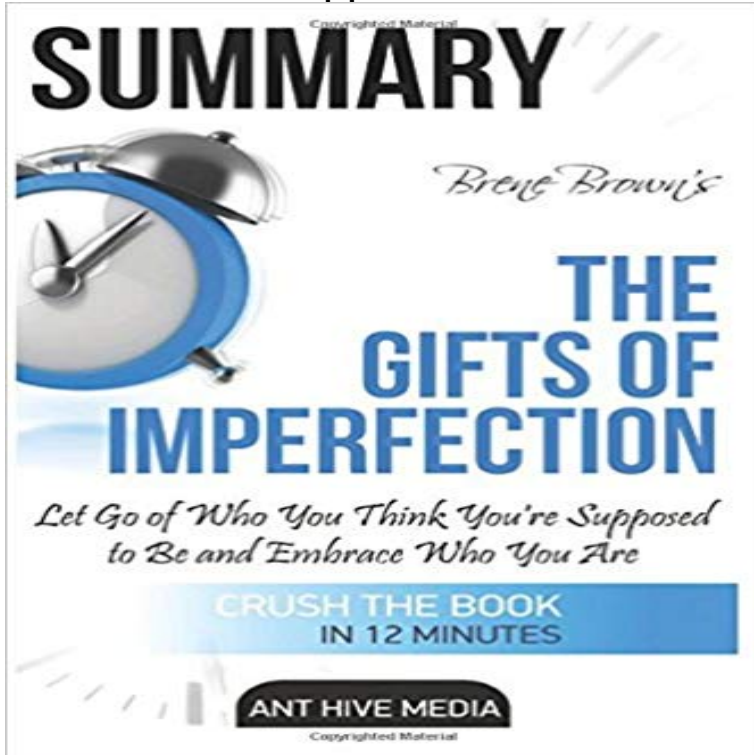


## Brene Browns The Gifts of Imperfection: Summary: Let Go of Who You Think Youre Supposed to Be and Embrace Who You Are



This is a Summary of Brene Browns The Gift of Imperfection: Let Go of Who You Think Youre 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 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 believe that if we could only look perfect and lead perfect lives, wed no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, What if I cant keep all of these balls in the air? Why isnt 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 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, 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 doesnt 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 dont have the current 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.

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