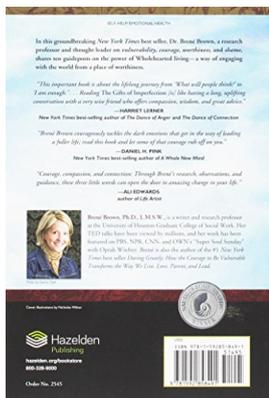


[PDF] The Gifts Of Imperfection: Let Go Of Who You Think You're Supposed To Be And Embrace Who You Are

Brené Brown - pdf download free book



Books Details:

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Description:

In *The Gifts of Imperfection*, Brené 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, we'd no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, "What if I can't keep all of these balls in the air? Why isn't 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 doesn't change the truth that I am worthy of love and belonging."

"This important book is about the lifelong journey from 'What will people think?' to 'I am enough.' Brown's unique ability to blend original research with honest storytelling makes reading *The Gifts of Imperfection* like having a long, uplifting conversation with a very wise friend who offers compassion, wisdom, and great advice."

—Harriet Lerner, *New York Times* best-selling author of *The Dance of Anger* and *The Dance of Connection*

"Brené Brown courageously tackles the dark emotions that get in the way of leading a fuller life; read this book and let some of that courage rub off on you."

—Daniel H. Pink, *New York Times* best-selling author of *A Whole New Mind*

"Courage, compassion, and connection: Through Brené's research, observations, and guidance, these three little words can open the door to amazing change in your life."

—Ali Edwards, author of *Life Artist*

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