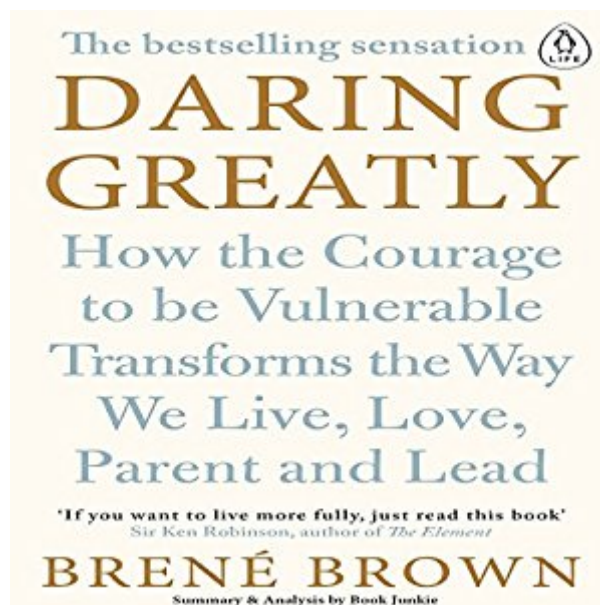




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# Daring Greatly: How The Courage To Be Vulnerable Transforms The Way We Live, Love, Parent, And Lead: Summary & Analysis



## Synopsis

Daring Greatly is an best-seller, by award winning author Brené Brown. In this book, she uses her decades of research and examines shame and vulnerability, and the way we can use these emotions to empower ourselves, becoming better people who live fuller lives. This is more than the typical self help guide; it uses research and real life situations to details ways we can connect better with other people, enriching our existence. It contains tips and advice that can apply to literally anyone. This summary gives you a greater insight into the book, breaking down the chapters and looking at the themes that run through it. Disclaimer: This text serves as a companion and guide to the best-seller Daring Greatly by Brené Brown. It will help to broaden the listener's understanding of the book, and highlight insights that might otherwise be overlooked. As this is a companion volume, you'll want to have a copy of the actual book on hand before listening to this.

## Book Information

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## Customer Reviews

This book does a nice job summarizing the points in Daring Greatly. It's about overcoming the negative feelings many of us have about vulnerability and instead embracing it so we can accomplish more. I especially like the part about "shame gremlins", as I deal with them myself on a daily basis. Highly recommended for anyone whose fear of vulnerability is holding them back from doing great things. Side note: When reading on Kindle, I found that it's best to read this book in white color mode. I first opened it in black color mode and a lot of the words were not readable. Sepia color mode is readable but has some of the words highlighted in white. White color mode has no

issues. I'm not sure why this is, but it's something to be aware of.

Short, concise, interesting and a great piece of work. Taking time to read this book may just be one of the best things you can do for yourself.

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