



The book was found

Brene Brown's Daring Greatly Summary



Synopsis

This is a summary of Brené Brown's *Daring Greatly*. After 12 years of research, author and hugely influential thought-leader Dr. Brené Brown exposes and challenges the deep-seated myths we have about vulnerability as something negative that needs to be overcome, and instead argues that being vulnerable puts us in a position of strength and power. If we want to live a life free of shame, we need to learn how to appreciate and love what we have without any conditions or clauses, and we need to be able to rely on our inborn worthiness whenever we interact with anyone, be it friends, family or even colleagues. When we do this, we are dare to be vulnerable. We are not allowing the fear of failure or rejection destroy our innate feeling of worthiness. When we embrace vulnerability, we are able to: Build honest, deep relationships Improve our private and working lives

Daring Greatly poses and answers questions about shame and vulnerability, challenging common perceptions. When you really think about it, a culture of shame is detrimental to any school or workplace. Leaders anywhere - be they teachers or managers - should work to fight disengagement and lack of interest by promoting vulnerability instead of shame. They need to instill in people the idea that vulnerability is totally okay. Parents can help, too, by working with children in an environment free of shame to make them aware of their sense of worthiness. This summary is aimed for those who want to capture the gist of the book but don't have the current time to listen to the whole thing. You get the main summary along with all of the benefits and lessons the actual book has to offer. Ant Hive Media reads every chapter, extracts the understanding and leaves you with a new perspective and time to spare. We do the work so you can understand the book in minutes, not hours.

Book Information

Audible Audio Edition

Listening Length: 31 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Ant Hive Media

Audible.com Release Date: May 5, 2016

Language: English

ASIN: B01F5SCTY6

Best Sellers Rank: #33 in Books > Audible Audiobooks > Nonfiction > Study Aids #446

in Books > Self-Help > Relationships > Interpersonal Relations #449 in Books > Audible

[Download to continue reading...](#)

Brene Brown's Daring Greatly Summary Book Summary: Daring Greatly by Brene Brown The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brene Brown | Book Summary Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead: Summary & Analysis Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead A Season of Daring Greatly Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback, Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) Lift-the-Tab: Brown Bear, Brown Bear, What Do You See? 50th Anniversary Edition (Brown Bear and Friends) Entebbe: The Most Daring Raid of Israel's Special Forces (Most Daring Raids in History) 1&2 Timothy - Living Out the Gospel: A Love God Greatly Journal Dare Greatly: A High School Girl's Bible Study on Thriving in Your Teens Tennis Strategies: The Top 100 Best Things That You Can Do to Greatly Improve Your Tennis Game A Not Too Greatly Changed Eden: The Story of the Philosophers' Camp in the Adirondacks Summary: The 10X Rule: The Only Difference Between Success and Failure by Grant Cardone: Book Summary Book Summary: Crossing the Chasm: 45 Minutes - Key Points Summary/Refresher Summary of Outliers the Story of Success by Malcolm Gladwell: Book Summary Includes Analysis Summary of Pre-suasion: A Revolutionary Way to Influence and Persuade by Robert Cialdini PhD: Book Summary Includes Analysis SUMMARY: Never Split The Difference: Negotiating As If Your Life Depended On It : by Chris Voss | The MW Summary Guide

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)