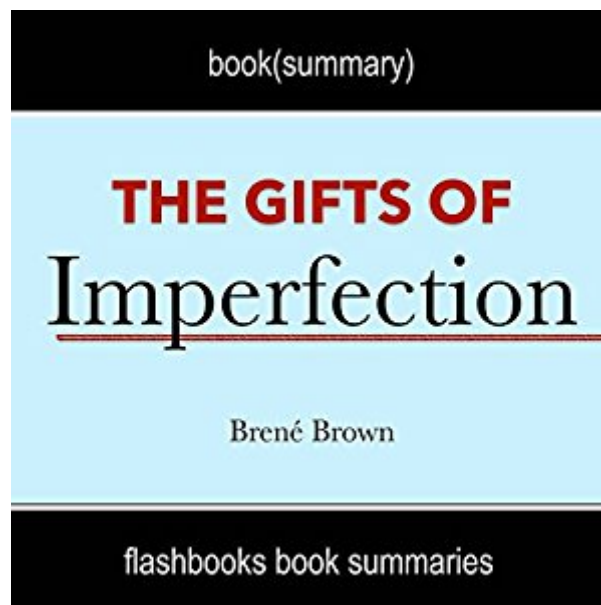




The book was found

The Gifts Of Imperfection: Let Go Of Who You Think You're Supposed To Be And Embrace Who You Are By Brené Brown | Book Summary



Synopsis

Book Summary: The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are by Brené Brown
Original Book Description: In The Gifts of Imperfection, Brené Brown, a leading expert on shame, authenticity, and belonging, shares 10 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 10 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."

Book Information

Audible Audio Edition

Listening Length: 30 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: FlashBooks Book Summaries

Audible.com Release Date: July 7, 2016

Language: English

ASIN: B0111YPIBC

Best Sellers Rank: #87 in Books > Audible Audiobooks > Nonfiction > Study Aids #503

in Books > Self-Help > Creativity #1589 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

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

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 The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are Book Summary: Daring Greatly by Brene Brown Brene Brown's Daring Greatly Summary I Love You Mom! Floral and Gardening Coloring Book for All

Ages: Mother's Day Gifts in all Departments; Mothers Day Gifts in al; Mother's Day in ... Gifts from Son in al; Mothers Day Gifts in al 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) Gifts In Jars: 88 Easy To Make DIY Gifts In Jars (Gifts in Mason Jars - Jar Gifts - Recipes - DIY Projects) Our Honeymoon in Paris: Honeymoon Scrapbook; Bridal Shower Gifts for the Bride in all Departments; Bridal Shower Gifts in al; Wedding Gifts for the ... D; Wedding Gifts in al; Wedding Planner in al 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) Let's Think Outside the Box, Let's Think Fried Rice Cookbook: Thai, Chinese, Mexican And More! 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) Do You Think What You Think You Think?: The Ultimate Philosophical Handbook What to Do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection (What-to-Do Guides for Kids) Summary - The Gentlemen in Moscow: By Amor Towles (The Gentleman in Moscow - A Complete Summary - Book, Paperback, Hardcover, Audible, Audiobook Book 1) Valentines Day Coloring Book: The Valentine's Day Gift Coloring Book (Coloring Books for Adults, Valentines day gifts, gifts for her) (Volume 1) Discover Your Spiritual Gifts: The Easy-to-Use Guide That Helps You Identify and Understand Your Unique God-Given Spiritual Gifts So Close to Amazing: Stories of a DIY Life Gone Wrong . . . and Learning to Find the Beauty in Every Imperfection The Spirituality of Imperfection: Storytelling and the Search for Meaning Lincoln Unmasked: What You're Not Supposed to Know About Dishonest Abe

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)