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*Brene Brown*

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# **DARING GREATLY - I THOUGHT IT WAS JUST ME**

## **Audiobook :Daring Greatly & I Thought It Was Just Me**

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Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead Every day we experience the uncertainty and emotional exposure that define what it means to be vulnerable. Here, Dr. Brown challenges everything we think we know about vulnerability, saying it is not weakness but rather our clearest path to courage and meaningful connection. I Thought It Was Just Me (But It Isn't): Making the Journey from "What Will People Think?" to "I Am Enough" We spend too much precious time and energy managing perception and creating carefully edited versions of ourselves to show to the world. As hard as we try, we can't seem to turn off the tapes that fill our heads with messages like Never good enough! and What will people think? Why? What fuels this unattainable need to look like we always have it all together? At first glance we might think it's because we admire perfection, but that's not the case. We are actually the most attracted to people we consider to be authentic and down-to-earth. We love people who are real we're drawn to those who both embrace their imperfections and radiate self-acceptance.

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