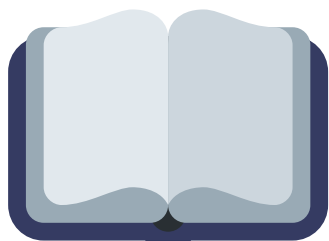


THE POWER OF VULNERABILITY



AUTHOR

Dr. Brené Brown is a research professor at the University of Houston. She holds a PhD from the Graduate College of Social Work at the University of Houston.



AUDIO BOOK

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I know that vulnerability is the core of shame and fear, but it appears that it's also the birthplace of joy, of creativity, of belongings, of love.



SUMMARY



- We strive for social connection
- Shame and fear of disconnection stop us from showcasing our real self
- Those who practice the sense of love and belonging are actually the ones who hold the characteristics of wholeheartedness
- Wholehearted people hold aspects of courage, compassion, and connection
- Vulnerability is basically a response to act first
- We have different sort of reactions towards situations that we are facing : 1) We try to numb the emotions of vulnerability, 2) We fabricate a fake layer on ourselves considering that we are perfect, 3) We make uncertain certain, 4) We pretend

TO DISCOVER IN THE BOOK



1. Understanding the significance of valuing one's own self,
2. Learning the I am enough principle,
3. Implement the power of vulnerability in your daily life,
4. Find those aspects which should be eradicated in order to live a true life,
5. Gaining the essence of aspects that can lead you to practice good parenting.