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# 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 able 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

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