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The Gifts of Imperfection: Let Go of Who You Think You re Supposed to Be and Embrace Who You Are

By PhD Lmsw Brene Brown

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. In The Gifts of Imperfection, Brene Brown, a leading expert on shame, authenticity, and belonging, shares ten 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 ten 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,...



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