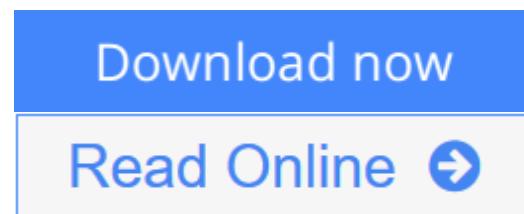


# Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown (30 Minute Expert S

By 30 Minute Expert Summary



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Do you live your life to the fullest? Or does shame and the need for perfection prevent you from being vulnerable and facing your fears? Are you tired of shying away from challenges, and desire to live courageously?

*Daring Greatly ...in 30 Minutes* is the essential guide to quickly understanding how to embrace fears and live vulnerably as outlined in Brené Brown's best-selling book, *Daring Greatly*.

### **Understand the key ideas behind *Daring Greatly* in a fraction of the time:**

- Concise chapter-by-chapter synopses
- Essential insights and takeaways highlight the importance of *daring greatly*
- Illustrative case studies reveal Brown's groundbreaking research on shame and vulnerability

In *Daring Greatly*, best-selling author and research professor Brené Brown explores the world of shame and vulnerability. Having spent ten years conducting research on the subject, Brown posits that life is not about winning or losing, but about having the courage to enter the arena and *dare greatly*. According to Brown, people's belief that they are not enough, and do not have enough, spills over into their workplaces, affects their social lives, and causes distress within their families. The way to counteract this condition, says Brown, is to cultivate *Wholeheartedness*--to feel a sense of self-worth in the face of uncertainty and risk.

In *Daring Greatly*, Brown explains that if people can learn to practice vulnerability, they can find deeper connections with family members, friends, and coworkers--and, perhaps most important, they can establish compassionate and loving relationships with themselves. An essential read for anyone who aspires to bring purpose to their life, *Daring Greatly* provides the tools for living

a worthy, connected, and authentic life.

**A 30 Minute Expert Summary of *Daring Greatly***

Designed for those whose desire to learn exceeds the time they have available, the *Daring Greatly* expert summary helps readers quickly and easily become experts ...*in 30 minutes*.

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