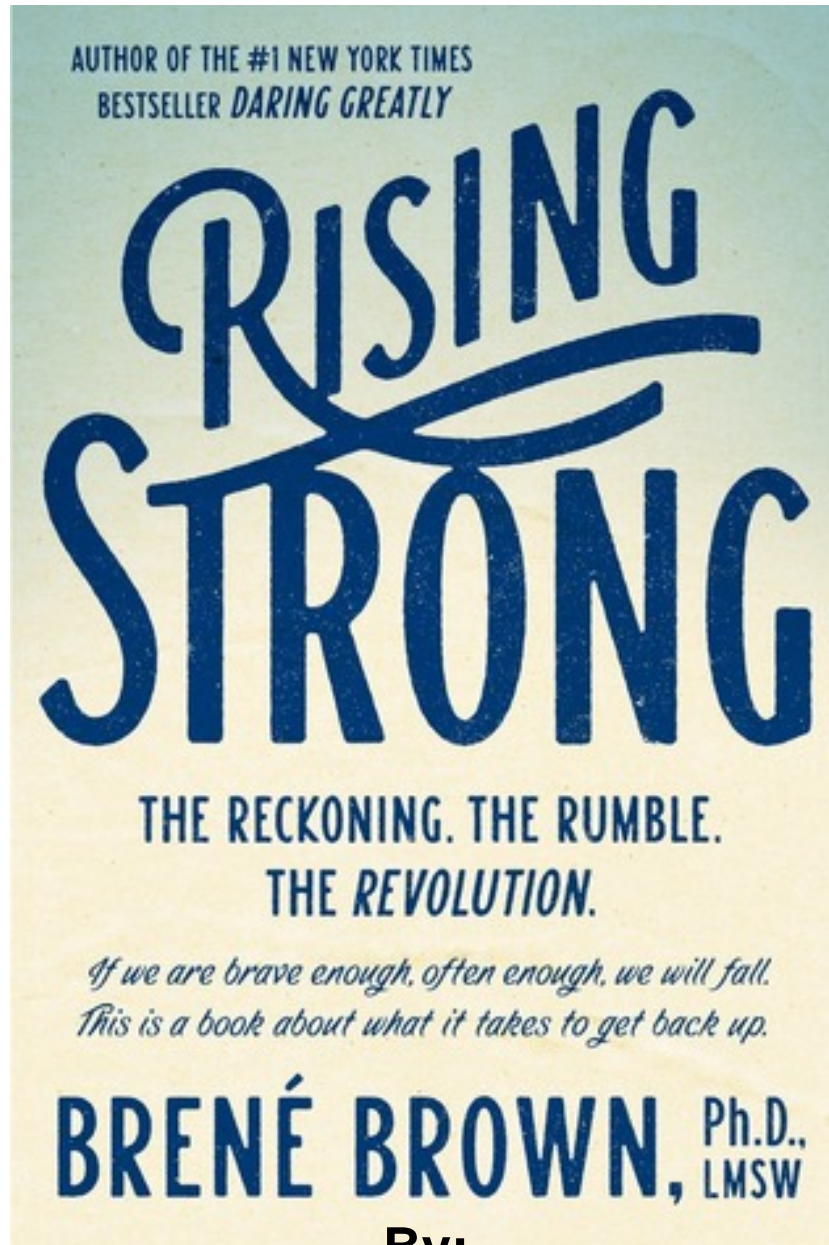


Rising Strong Book PDF Download



By:
Brené© Brown

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What people Say:

Ryan Dejonghe

Some books you hug. Other books hug you. Rising Strong is a book that hugs you. "Rising strong after a fall is how we cultivate wholeheartedness in our lives; it's the process that teaches us the most about who we are." If you haven't gotten used to the language of Brené Brown, now's a great time to start.

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Some books you hug. Other books hug you. Rising Strong is a book that hugs you. "Rising strong after a fall is how we cultivate wholeheartedness in our lives; it's the process that teaches us the most about who we are." If you haven't gotten used to the language of Brené Brown, now's a great time to start.

I gave Brown's last book three stars. But dang, if that book doesn't haunt me still. Her words "her stories" have a way of burrowing into your soul. When you are at that precipice of argument, Brené sits angelically on your shoulder saying, "Conspiracy thinking is all about fear-based self-protection and our intolerance for uncertainty." You ask at the time of reading, "Brené, what on earth are you even talking about?" Then comes the moments where it all makes sense.

My inner nerd got excited about Rising Strong's introduction "research!! Footnotes!! Notta. Not one (at least in the digital advanced readers copy). I fell in love with qualitative research "ground theory research, to be specific." What you'll see is Brown relating her findings in personal tones. It's like you are sitting on the couch with her with tea and biscotti in hand. Two BFFs. I'm using research and storytelling to unpack what I've learned.

Then she brings in Oprah. And Pixar. And even one of my favorite authors Mihaly Csikszentmihalyi. She intertwines her stories, thick with examples and hints at research, and builds her point. Brené moves to continue her big three: vulnerability, courage, and authenticity.

As she says, her other books were about "being you" (The Gifts) and "being all in" (Daring Greatly), but here she says it's about: "Fall. Get up. Try again."

We're encouraged to engage with our feelings and get curious. "Give yourself permission to feel emotion, get curious about it, pay attention to it, and practice." Some of the bigger takeaways from Rising Strong are finding "the story I'm making up" through writing out your SFD ("stinky" first draft "you can replace the S-word) and strengthening the belief that people around us are doing the best they can.

Brene Brown doesn't think positively. She alters your way of thinking to become positive. There's a difference. Key word: authentic. She talks about the ego: "The ego doesn't own stories or want to write new endings; it denies emotion and hates curiosity." She talks about shame, in "never good enough" or "who do you think you are?" to becoming "no matter what gets done and how much is left undone, I am enough."

You owe it to yourself to let Brené Brown sit upon your shoulder.

Julie Davis

I scored this off of NetGalley. I was unsure how I'd feel about reading a Brene Brown book since I have only watched her TED Talks and listened to

which is a series of workshop courses she gave.

I shouldn't have wondered. Brown's voice grabbed me from the moment I read the introduction. In fact, early in the book Brown's realization that "you can't skip Act 2" (a reference that will be clear if you read the book) was revelatory for my husband and me in a work situation

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I like the way Brown has our innate connection to storytelling as a parallel thread. On one hand, it defines ways we can recognize and recover from dangerous trajectories. On the other, just reading what she's found about us as storytelling beings hits a note that interested and connected with me.

The reason I only gave this three stars is that the last third of the book somehow felt very different, much more self-help oriented than what preceded it. Suddenly there were a lot of acronyms, bullet pointed lists to consider and work through, open ended questions to ask yourself, and a couple of case studies that seemed very unnecessary. My eyes glaze over at that sort of thing which is why I've enjoyed Brown's talks so much "because they are necessarily free from such items. I haven't actually read one of her other books so she may have followed this pattern before. It may work for

everyone else in which case the problem is mine alone.

At any rate, I still recommend the book. It allowed me to make a lot of connections in my own life between my behavior, internal logic, and how to avoid or recover personally from falling hard when taking a risk.

Elyse

I thought I would have a lot to say after listening to this audiobook.

However,

****Rebecca Foster**** already wrote A PERFECT REVIEW. Everything she wrote fits my experience!

I enjoyed LISTENING to this book while walking. My guess is I would not have enjoyed 'reading' it half as much. (I might have been too judgmental)

Personal things I'm looking at from this book:

TIMES I HIDE OUT and SHUT down: in front of my mother-in-law and my brother-in-law!

Isn't that enough to look at?

I think so. End of revi

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Julie

There are books that meet you at just the right time, when you most need and are open to their messages. I can well imagine encountering the warm Texan embrace of BrenÃ© Brown's brand of social psychology at other times of my life and being turned off by its fierceness, volume and confidence. I may have looked askance at the cult of BrenÃ© Brown, with legions of devotees who

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is in fact my first encounter with Brené Brown's work. It was pressed into the hand of the person who gave it to me as a gift last Christmas, the bookstore clerk assuring him it was a life-changing read, and now I will be the one to press it into everyone else's hands.

So yes, let's just get it out there: the subtitled theme of

, this triumvirate of

is schticky and looks like pop-psychology gone wild. It will likely turn off others who rely exclusively on data and peer-reviewed research to support social science theory and prescriptive methodology.

What I came to love about Brown's narrative is the marriage of research and inspiration, her ability to take grounded theory and apply it to art-the art of emotion, the art of knowledge, the art of faith.

What is this book about exactly? It's about surviving hurt, acknowledging shame, embracing vulnerability, learning how to tell our stories, and getting back up to do it all over again, with courage and determination.

The emphasis on personal narrative touched me deeply. As a writer, I believe we are wired for story and my greatest healing has come by turning to the page, not only in telling my own stories, as I do when spilling my guts in my journal, or constructing a personal essay that is meant to reveal more universal truths, but in creating fictional worlds with characters who are born of my heart, my emotions, and in a tangential way, my experiences. So Brown's insistence that we use the physical act of

our narratives as a way to achieve truth and emotional release resonates deeply. Only in writing our stories can we examine what's real and what isn't, when we've conflated nostalgia with memory, when our memories have failed us and we fill in the gaps with drama or denial, where there is room for change or a different way of looking at the past that has shaped us.

Stefani

I'm perplexed. I enjoyed Daring Greatly and was excited to read Rising Strong. But, I wonder about "Pamela", frosting fingers woman, and the breastfeeding mom.

I think acting with integrity, for me, would have been greater had the author sent "Pamela" and her boss the email. Instead of, in essence, sending the email to millions of people by publishing it in this book. I also question why she needed to make a point of stating how many syllables were in her real name and at which event they met. I

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This was after frosting fingers was outed as a terrible person. We're supposed to have learned to look at people as doing the best they can. But we never get "Pamela's" side of the story. Nor do we know if she asked permission to share the story after revealing enough details about "Pamela" for people, like her boss and coworkers, to know who she is.

And then the breastfeeding mom who was shamed for shaming non breastfeeding moms. Was she doing her best? Is there more to her strong opinions that we need to know about before Brené gets the last word?

So, I'm left with three stories of women who will undoubtedly know who they are and know tons of people are reading their stories. And I do not believe that anonymity will protect them from their own feelings. How are they? How are they working through their shame that they feel now? What do they have to say about doing the best they could with the tools they had and the places they were in at the moment they crossed paths with the author?

This is what stuck with me most after reading the book.