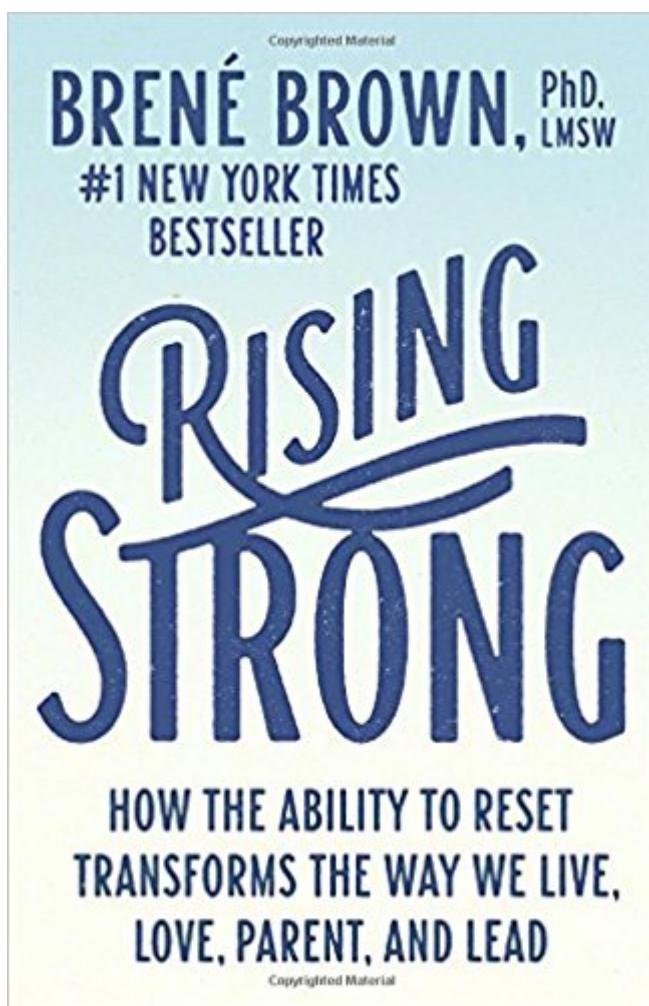


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# Rising Strong: How The Ability To Reset Transforms The Way We Live, Love, Parent, And Lead



## Synopsis

#1 NEW YORK TIMES BESTSELLER â¢ When we deny our stories, they define us. When we own our stories, we get to write the ending. Social scientist BrenÃ© Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerabilityâ "the willingness to show up and be seen with no guarantee of outcomeâ "is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall. It is the rise from falling that Brown takes as her subject in *Rising Strong*. As a grounded theory researcher, Brown has listened as a range of peopleâ "from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parentsâ "shared their stories of being brave, falling, and getting back up. She asked herself, What do these people with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and clergy walking with people through faith and mystery have in common? The answer was clear: They recognize the power of emotion and theyâ "re not afraid to lean in to discomfort. Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We reckon with our emotions and get curious about what weâ "re feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. Itâ "s the process, Brown writes, that teaches us the most about who we are.

ONE OF GREATER GOODâ "S FAVORITE BOOKS OF THE YEAR

Praise for *Rising Strong*â œ[BrenÃ© Brownâ "s] research and work have given us a new vocabulary, a way to talk with each other about the ideas and feelings and fears weâ "ve all had but havenâ "t quite known how to articulate. . . . BrenÃ© empowers us each to be a little more courageous.â •â "The Huffington Post â œWith a fresh perspective that marries research and humor, Brown offers compassion while delivering thought-provoking ideas about relationshipsâ "with others and with oneself.â •â "Publishers Weeklyâ œIt is inevitableâ "we will fall. We will fail. We will not know how to react or what to do. No matter how or when it happens, we will all have a choiceâ "do we get up or not? Thankfully, BrenÃ© Brown is there with an outstretched arm to help us up.â •â "Simon Sinek, author of *Start with Why* and *Leaders Eat Last*

## Book Information

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## Customer Reviews

An Best Book of August 2015: You may be someone who looks at *Rising Strong* and says, "oh, that's not really for me." • Translation: I don't read or need that self-help stuff, give me a good novel and go away. But Brené Brown isn't a spiritual guru, or someone who's risen from the ashes to tell us how to live our lives. She's a researcher. And *Rising Strong* isn't some feel-good-get-over-it regimen; it's more investigative reporting on the common denominators of people who whole-heartedly get back up and go another round after getting their asses handed to them in big and small ways. In her straightforward Texan voice, Brown sets the table for us to get curious about life's sticky moments and invites us to serve ourselves a plate of what she's learned in over a decade of research. I don't know about you, but I'm not trying to be famous or come up with a cure that will change the world, I just want to live happily and keep getting back in the arena whether I've been rocked on my heels, knocked to my knees, or gone face down in the dirt. For my money, seeing how I can do that better is worth reading about.

" Seira Wilson

" [Brené Brown's] research and work have given us a new vocabulary, a way to talk with each other about the ideas and feelings and fears we've all had but haven't quite known how to articulate. . . . Brené empowers us each to be a little more courageous. • "The Huffington Post" With a fresh perspective that marries research and humor, Brown offers compassion while delivering thought-provoking ideas about relationships "with others and with

oneself. "Publishers Weekly" is inevitable "we will fall. We will fail. We will not know how to react or what to do. No matter how or when it happens, we will all have a choice "do we get up or not? Thankfully, Brené Brown is there with an outstretched arm to help us up." Simon Sinek, author of *Start with Why* and *Leaders Eat Last*

This book definitely works as a standalone piece, but it's meant to build upon her prior works. As Brene shares in the first chapter, the progression of her works is that the first book, <http://www..com/The-Gifts-Imperfection-Supposed-Embrace/dp/159285849X>, has the message "Be you," while the next one, <http://www..com/gp/product/1592408419/>, is a call to "Be all in." This book? "Fall. Get up. Try again." This isn't another book telling you it's okay with fail. No, the assumption is that you have failed or will do so in the not too distant future. What will you do when it's time to get back up? In the author's words, "my goal for this book is to slow down the falling and rising processes: to bring into our awareness all the choices that unfurl in front of us during those moments of discomfort and hurt, and to explore the consequences of those choices." In this book, she uses stories and research, but unlike previous books, many of the stories in this one are her own personal ones. That makes it feel a little less like a book and a little more like an encouraging yet tough-love conversation with a trusted friend or mentor.

**Truth and Dare: An Introduction**

This part of the book got me a little nervous, if I'm honest. It was here I realized that this book was all about drilling down deep into the most difficult and uncomfortable moments in our lives, getting honest, and holding ourselves accountable to move forward in the after. I wasn't sure I wanted in on all of that. It seemed hard and dirty and messy and, well, uncomfortable. For starters, she dives into the idea that failure is painful, poignantly pointing out that our celebration of redemption often skips over the real hurts that needed redemption in the first place. We're guilty of "gold-plating grit," she writes, as we make failure seem fashionable without acknowledging the inherent desperation, shame, and dismay. Then enters my favorite Brenéism from this book: "the [awesome] deficit." What we need - and lack - is "a critical mass of [awesome people] who are willing to dare, fall, feel their way through tough emotion, and rise again" instead of just glossing over the pain or stuffing it down deep or taking it out on other people. (The bracketed word above isn't what she wrote, but 's review guidelines won't publish a review with the real word. It's bad plus a synonym for donkey.)

**Chapter 1: The Physics of Vulnerability**

Here, vulnerability is presented as courage rather than weakness. Just as I remember the laws of physics from high school, Brené offers a new twist: if we are brave enough often enough, we will fall. That's what the physics of vulnerability is. Being brave and falling changes us for the better, while the individual path can be isolating and the need to ask for help

challenging. As she writes about our being wired for story, I couldn't help but think of two powerful books (both from a Christian perspective, FYI, in case that's not your thing): Nish Weiseth's <http://www..com/Speak-Your-Story-Change-World/dp/0310338174/> and Annie Down's <http://www..com/Lets-All-Be-Brave-Everything/dp/031033795X>. The most powerful point from this chapter, though, is that comparative suffering is detrimental: hurt is hurt, and love is needed in response without ration.

**Chapter 2: Civilization Stops at the Waterline** The title of this chapter comes from a Hunter S. Thompson quote. But the waterline is also a call to a powerful story Brené uses to open this chapter, about her husband and a morning swim and a vulnerable conversation for both of them. Then she lays out a story-telling paradigm - borrowed from Pixar - to apply to our lives in how we deal with the conflict parts in our real-life stories. This is where the meat of the book emerges. The rising strong process is (1) the reckoning, as we walk into our story, (2) the rumble, as we own our story, and (3) the revolution as we transform how we live as a result of our story. That's how we can rise strong from our failures. The next several chapters build on that process...

**Chapter 3: Owning Our Stories** This is where Brene challenges us as readers to accept or turn down the invitation to own our stories, rather than minimizing, compartmentalizing, hiding, or editing them. Owning our stories also means we're not defined by them or denying them. They are ours. Then to do so, the three steps begin...

**Chapter 4: The Reckoning** As we reckon our stories, Brené pushes readers to feel and recognize our emotions and then get curious enough about them to dig a little deeper. Doing so, she writes, keeps us from offloading our hurts in a variety of unproductive ways: lashing out our hurts, bouncing our hurts away as if they don't matter, numbing our hurts through one or more methods, stockpiling our hurts by keeping everything inside, or getting stuck in our hurt. In this chapter, she also offers amazing strategies for reckoning with emotion, and I know I'll botch them if I even attempt to summarize them.

**Chapter 5: The Rumble** In this chapter, we reexamine our stories, diving deeper to mine for truths, including errors in our own first retelling of the failure tale.

**Chapter 6: Sewer Rats and Scofflaws** This chapter takes the rumble a bit further with discussions of boundaries, integrity, and generosity.

**Chapter 7: The Brave and the Brokenhearted** This chapter as a whole is too meaty to succinctly summarize in this review beyond the subtitle: "rumbling with expectations, disappointment, resentment, heartbreak, connection, grief, forgiveness, compassion, and empathy." On a personal note, my heart jumped and then sank and then fluttered when I got to this chapter. For reasons not relevant to this review, I'm finding myself to be the brave and brokenhearted this week, and it's hard. I saw the title and my heart jumped as I thought, This is the one for me, my current faceplant situation. Then I read the subtitle and my heart sank as I thought, But Brené isn't going to make this easy, because it isn't easy and I'm sure there

aren't shortcuts, plus she's been telling me to feel and I don't really want to right now. Finally, my heart fluttered, knowing this was part of my rumbling. I needed to drive forward to rise strong.

**Chapter 8: Easy Mark** This chapter continues to expand on the concept of the rumble - which makes sense, because Brené states in chapter 2 that the second day/stage/point is the most important in the process. In her reckoning-rumbling-revolution paradigm, then, it makes sense to dissect rumbling the most. This chapter's subtitle also describes much of the content: "rumbling with need, connection, judgment, self-worth, privilege, and asking for help."

**Chapter 9: Composting Failure** In this chapter, Brené dives deeper once more into the rumble, this time with the subtitle: "rumbling with fear, shame, perfectionism, accountability, trust, failure, and regret."

**Chapter 10: You Got To Dance With Them That Brung You** Yep, another dive deep chapter on rumbling, this time "rumbling with shame, identity, and nostalgia." This one had a lot of gut punch for me, and Brené - at the risk of looking like a brat - shared a vulnerable story that helped me get vulnerable with myself in return in much needed ways.

**Chapter 11: The Revolution** The revolution is what comes after the rumbling. It's the act of rising strong, but it can't be done before all the prior work. Revolution is the act of intentionally choosing authenticity and worthiness as an act of resistance in this world. With this the last chapter, Brené closes it out with a poem by Nayyirah Waheed, ending with "we are rising strong." This book is a bold call to fall, get up, and try again. May we all rise strong.

I have loved Brene Brown's books but this one didn't resonate. Too many personal anecdotes and examples that didn't apply. I got tired of her "cussing" and while I appreciate that she's proud of being from Texas, a list of why she's a Texan didn't apply to this book. I felt it was something that would have worked better on her blog. Brown's other personal examples of people around her "making up" things, her hatred of some poor woman she had to room with at a conference, and her drawn out story about a vulnerable moment with her husband seemed like a stretch she used to try and illustrate a point. They fell short. The same is true for the "from the research" stories she told. They were long, drawn out, and overly forced to fit into her point. This PAINS ME to say this, because I have loved just about everything else she's done or written. In fact, I'd probably give this two stars if it wasn't her. I appreciate this effort but it really seemed like she didn't have enough material to make this book a helpful, practical reference. If you're looking to really "rise strong" and start again I would recommend Daring Greatly instead.

Very insightful, down to earth and challenging book. I found it not inspiring and reassuring. Really helped me to "think outside the box" about challenges instead of getting down on myself.

I am not a dramatic person, in fact struggle to be vulnerable enough to "not already be strong enough", but this book literally and completely changed my life. It spoke to me on so many levels. I cannot recommend it enough.

Everything about Brene Brown has pulled at me since I first heard her speak on TEDX HOUSTON. I have re-watched her 2 talks multiple times. I have read or listened on Audio most of her books. I took 2 e-courses that she offered and hope she will have one for this book too. In this book she examines the issues that we all have and I assume, like me you will see yourself in the details. She gives us ideas that will help us deal with the tough moments in our lives. The arguments with your spouse or your children often cause us to ruminate and come up with the wrong reasons why we were having that argument. I cannot recommend this book to any person willing to examine themselves and their actions. This book is helpful and full of great examples (stories.)

I was introduced to Brené Brown through Oprah and have been addicted ever since. First hit the book on Audible and quickly realized I needed it in my hand! I would listen on my way to work and back home. I laughed and cried and had so many "Aha" moments that I could've used a personal secretary to take notes. I'm a deep thinker and can usually figure out the what's and why's of my actions/habits/intuitions, etc. To a certain point that is and then I'm stuck. Brené connected the dots for some of my life's most difficult puzzles. I believe anyone breathing can have life changing revelations after this read and I highly recommend it for self and as a gift!

Great Read. Wife and I are going through a marital setback. This was recommended by our therapist to help deal with a couple of the recent injuries. This book is great for personal growth view re-adjustments and self-empowerment. It is particularly useful for us right now at this juncture in our marital life, but I will want to re-read when things aren't so crazy.... And, I think it will be a very good read during those "other" times.. Was very enjoyable and helpful....

Brene Brown has completed her trilogy in Rising Strong and outdone herself in the process. THE book to read if you've had a "fall" of any kind. Mine was losing the love of my life to cancer. I recommend all of her books. Clear, concise, informed writing. Highly recommended.

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Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead

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