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Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We

Brene Brown says that people daring greatly make us sometimes feel bad for not being vulnerable ourselves. We then use cynicism, criticism, cool and cruelty to put them down. Being cool is the attitude of "whatever", "who gives a s***" and labeling people as losers or lame.

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Bren Brown is a research professor at the University of Houston Graduate College of Social Work and the best-selling author of The Gift of Imperfection, I Thought It Was Me and Rising Strong. Her 2010 TEDXHouston Talk is one of the most-watched videos on TED.com.

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About Daring Greatly. Researcher and thought leader Dr. Bren Brown offers a powerful new vision that encourages us to dare greatly: to embrace vulnerability and imperfection, to live wholeheartedly, and to courageously engage in our lives.

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Daring Greatly, a book by researcher Brene Brown, deals with vulnerability. But its key tenet is one that will surprise many people. That tenet is the idea that being vulnerable is not a negative aspect of a person's life but a positive one. Only by being vulnerable, by risking hurt or failure, can people open themselves to all the possibilities in life. Those are the opportunities that can make people happier, enable them to connect better with others, and help them become more creative and ...

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