

# The Power Of Vulnerability Teachings Authenticity Connections And Courage Audible Audio Brene Brown

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[Socio-Emotional Relationship Therapy](#) - Carmen Knudson-

Martin 2015-02-02

This path-breaking volume

introduces Socio-Emotional Relationship Therapy for clinical work with troubled couples. Practice-focused and engaging, it integrates real-world knowledge of the intersections of gender, culture, power, and identity in relationships with empirical findings on the neurobiology of attraction. Case examples detail the process of therapists in the moment as they develop both their clinical skills and their understanding of the social contexts fueling couples' difficulties. Applications of the method, which can be used with same-sex couples as well as heterosexual ones, are shown in addressing infidelity, tapping into partners' spirituality, and modeling and encouraging mutual respect and support. Among the topics covered: Undoing gendered power in heterosexual couple relationships. Interpersonal neurobiology, couples, and the societal context. How gender discourses hijack couple therapy—and how it can be avoided. How SERT therapists develop interventions that

address the larger context. Building a circle of care in same-sex couple relationships. Couple therapy with adult survivors of child abuse: gender, power, and trust. Socio-Emotional Relationship Therapy opens out practical new possibilities for marriage and family therapists, clinical psychologists, social workers, and counselors seeking ideas for more meaningful couples work.

### **Contemplative Caregiving -**

John Eric Baugher 2019-04-16 Integrating two decades of hospice care and social science research, this heartfelt book offers practical lessons on the transformative possibilities of end-of-life caregiving.

Contemplative Caregiving is an indispensable guide for end-of-life caregivers and for anyone seeking to transform experiences of caregiving and grief. Rather than leading to burnout and despair, caring for those who are suffering and dying can enrich our lives with meaning and further our own spiritual growth and resilience. Whether you are caring for a

loved one with cancer or dementia, grieving a sudden traumatic loss, or even serving time in prison, *Contemplative Caregiving* offers encouragement for showing up to the fullness of life in whatever those circumstances may be. Healing, compassion, and spiritual growth are available to us all, in this lifetime, right now. Baugher's unique style of integrating social scientific research on caregiving and grief with teachings from Buddhist, contemplative Christian, and other wisdom traditions illuminates how we each can transform experiences of loss and suffering into a path of compassion. *Contemplative Caregiving* weaves together powerful stories from interviews with diverse hospice caregivers—Vietnam veterans, nurses, housewives, Catholic nuns, those convicted of murder—with the author's own journey toward wholeness in the face of grief and traumatic loss, including the murder of his own mother. Through rich storytelling, teachings on

compassion, and skillful contemplative exercises, Baugher invites you to join him in exploring the healing power of contemplative caregiving.

*Women and Shame* - Brené Brown 2004-06-30

A compelling and provocative exploration of the complexities of shame and its impact on women's lives. Based on interviews with over 200 women, here are ideas, information, and strategies for understanding shame across a wide range of topics, including appearance, sex, body image, motherhood, parenting, health, and aging, supported by poignant and relevant case examples. Four key elements that allow women to transform shame into connection and acceptance are identified and explained. Original.

***Daring Greatly*** - Brené Brown 2013-01-17

Researcher and thought leader Dr. Brené Brown offers a powerful new vision in *Daring Greatly* that encourages us to embrace vulnerability and imperfection, to live wholeheartedly and

courageously. 'It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . . who at best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly' -Theodore Roosevelt Every time we are introduced to someone new, try to be creative, or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect. Challenging everything we think we know about vulnerability, Dr. Brené Brown dispels the widely accepted myth that it's a weakness. She argues that vulnerability is in fact a strength, and when we shut ourselves off from revealing our true selves we grow distanced from the things that bring purpose and

meaning to our lives. Daring Greatly is the culmination of 12 years of groundbreaking social research, across the home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees. This is vulnerability. This is daring greatly. 'Brilliantly insightful. I can't stop thinking about this book' -Gretchen Rubin Brené Brown, Ph.D., LMSW is a #1 New York Times bestselling author and a research professor at the University of Houston Graduate College of Social Work. Her groundbreaking work was featured on Oprah Winfrey's Super Soul Sunday, NPR, and CNN. Her TED talk is one of the most watched TED talks of all time. Brené is also the author of *The Gifts of Imperfection* and *I Thought It Was Just Me (but it isn't)*.  
*An Emotionally Focused Workbook for Couples* -  
Veronica Kallos-Lilly  
2021-12-21  
The second edition of this essential and newly updated

workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on these topics and an expanded section on sexuality dispels constraining

popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

### 9 Ways to a Resilient Child -

Justin Coulson 2017-02-01

Resident parenting expert on

Channel 9's Parental Guidance

Dr Justin Coulson, on raising

kids who'll bounce back from

adversity and challenging

times. 'How can I help my child

be more resilient?' is a

question Dr Justin Coulson

often hears from worried mums

and dads. 9 Ways to a Resilient

Child gives parents practical

strategies to help their children

cope with the challenges that

life throws at them - from

friendship problems and

bullying to losing a game or

failing an exam. Even our home

environment and the way that

we parent can impact our

children's potential to recover

from difficulty. Dr Coulson

explains the factors that help or hinder resilience and why common advice such as 'Toughen up, princess' just doesn't work. Learn the secrets of positive psychology that will build your child's capacity to bounce back, stronger and more resilient than ever, including the ability to think flexibly, exercise self-control, and make safe and healthy choices. Discover the powerful impact of family, relationships, school and community, and the most effective ways to support your child. Dr Coulson aims to bolster resilience - not just in our children, but also in ourselves. Because it takes resilient parents to raise a resilient child.

### **What I Know For Sure -**

Oprah Winfrey 2014-09-02

As a creative force, student of the human heart and soul, and champion of living the life you want, Oprah Winfrey stands alone. Over the years, she has made history with a legendary talk show - the highest-rated program of its kind, launched her own television network, become the nation's only

African-American billionaire, and been awarded both an honorary degree by Harvard University and the Presidential Medal of Freedom. From all her experiences, she has gleaned life lessons—which, for fourteen years, she's shared in *O, The Oprah Magazine's* widely popular "What I Know For Sure" column, a monthly source of inspiration and revelation. Now, for the first time, these thoughtful gems have been revised, updated, and collected in *What I Know For Sure*, a beautiful cloth bound book with a ribbon marker, packed with insight and revelation from Oprah Winfrey. Organized by theme—joy, resilience, connection, gratitude, possibility, awe, clarity, and power—these essays offer a rare, powerful and intimate glimpse into the heart and mind of one of the world's most extraordinary women—while providing readers a guide to becoming their best selves. Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah

shares in What I Know For Sure shimmer with the sort of truth that readers will turn to again and again.

**Save the Last Dance** - Grudin  
2016-06-01

Teenage lovers reunited after 50 years.

*Summary of Permanent Record*

- Ninja Reads 2019-11-02

\*PLEASE NOTE: This concise summary is unofficial and is not authorized, approved, licensed, or endorsed by the original book's publisher or author. Permanent Record became Internationally Known simply because... Edward Snowden's Permanent Record is a testimony of a man for whom privacy is paramount, but who knows that exposing himself is necessary for the world to understand the importance of the information he revealed about the U.S. government. Snowden takes us through his life and decision to reveal the National Security Agency's mass surveillance of American citizens and the tools the NSA used to collect every text, e-mail, phone call, and digital action made by citizens.

It is the account of a young man who grew up online and saw the internet change from a land of freedom to a tool used by a sprawling, oppressive machine. It is a memoir for the modern age, and a must-read for those who care about their own privacy. Why read NinjaReads Summaries: \*High-Quality Written Summaries with 30-Day Money Back Guarantee \*Professional Publishing Team with Native English Speakers & Writers \*Each summary is written to ensure your personal growth and enhance your learning experience. \*Key Takeaways & Analysis of each chapter with zero fluff. \*Actionable item steps summarized to ensure you are able to implement the knowledge. NinjaReads summaries is made for Go-Getters who have an itch to learn and grow. Not only will you learn faster, but you'll also be more productive as you save hours of your day. As you grow smarter from each read, your family and friends may notice and give you compliments on how much you have grown. We

chase after the key points and analyze every chapter. You save time by not having to read all the unnecessary fluff that some books may have and absorb only the valuable & practical info you need. That's right... you don't need super speed-reading powers, you'll absorb the info in an hour or less! **DISCLAIMER:** We are confident that our professional summaries will bring more readers to the full-lengthed book who otherwise would have been discouraged due to a long-read commitment. Our hope is that readers like you can use this summary to help cement the most important lessons and ultimately use it as an intro or companion to the original book, not as a replacement.

[Rising Strong](#) - Brené Brown  
2017-04-04

**#1 NEW YORK TIMES  
BESTSELLER** • When we deny our stories, they define us. When we own our stories, we get to write the ending. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! Social scientist

Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—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 people—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—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 they'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 we'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. It's the process, Brown writes, that teaches us the most about who we are. ONE OF GREATER GOOD'S FAVORITE BOOKS OF THE YEAR "[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

**Rising** - Elizabeth Rush  
2018-06-12

A Pulitzer Prize Finalist, this powerful elegy for our disappearing coast "captures nature with precise words that almost amount to poetry" (The New York Times). Hailed as "the book on climate change and sea levels that was missing" (Chicago Tribune), *Rising* is both a highly original work of lyric reportage and a haunting meditation on how to let go of the places we love. With every record-breaking hurricane, it grows clearer that climate change is neither imagined nor distant—and that rising seas are transforming the coastline of the United States in irrevocable ways. In *Rising*, Elizabeth Rush guides readers through these dramatic changes, from the Gulf Coast to Miami, and from New York City to the Bay Area. For many of

the plants, animals, and humans in these places, the options are stark: retreat or perish. Rush sheds light on the unfolding crises through firsthand testimonials—a Staten Islander who lost her father during Sandy, the remaining holdouts of a Native American community on a drowning Isle de Jean Charles, a neighborhood in Pensacola settled by escaped slaves hundreds of years ago—woven together with profiles of wildlife biologists, activists, and other members of these vulnerable communities. A Guardian, Publishers Weekly, and Library Journal Best Book Of 2018 Winner of the National Outdoor Book Award A Chicago Tribune Top Ten Book of 2018 What Happened to You? - Oprah Winfrey 2021-04-27 #1 NEW YORK TIMES BESTSELLER Our earliest experiences shape our lives far down the road, and What Happened to You? provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand.

“Through this lens we can build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives.”—Oprah Winfrey This book is going to change the way you see your life. Have you ever wondered "Why did I do that?" or "Why can't I just control my behavior?" Others may judge our reactions and think, "What's wrong with that person?" When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question. Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?” Here, Winfrey shares stories from her own past, understanding through experience the

vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It's a subtle but profound shift in our approach to trauma, and it's one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.

[A Year of Living Kindly](#) - Donna Cameron 2018-09-25

2020 New York City Big Book Awards Winner in Self-Help: Motivational 2020 14th Annual National Indie Excellence Award-Winner in Self-Help Motivational 2019 IPPY Gold Medal Winner: Self Help 2019 Nautilus Book Awards Gold Winner in Personal Growth & Self-Help 2019 Next Generation Indie Book Awards: Gold Medal Winner in Motivational 2019 Readers' Favorite Awards: Gold Medal Winner in Nonfiction Self-Help 2019 Eric Hoffer Award Winner: Self-Help 2019

Independent Author Network Book of the Year Awards: First Place in Self-Help 2019 Chanticleer I & I Book Awards for Instruction and Insight Finalist 2019 International Book Awards: Finalist, Self-Help: General 2019 Nancy Pearl Best Book Award: Finalist in Memoir 2019 Eric Hoffer Montaigne Medal: Finalist 2019 Foreword Indies Finalist: Adult Nonfiction—Self-Help Kirkus Reviews Best Books of 2018 Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. In *A Year of Living Kindly*—using stories, observation, humor, and summaries of expert

research—Donna Cameron shares her experience committing to 365 days of practicing kindness. She presents compelling research into the myriad benefits of kindness, including health, wealth, longevity, improved relationships, and personal and business success. She explores what a kind life entails, and what gets in the way of it. And she provides practical and experiential suggestions for how each of us can strengthen our kindness muscle so choosing a life of kindness becomes ever easier and more natural. An inspiring, practical guide that can help any reader make a commitment to kindness, *A Year of Living Kindly* shines a light on how we can create a better, safer, and more just world—and how you can be part of that transformation.

*Real* - Catherine O'Kane  
2016-11-17

Stop pursuing happiness and discover the joy of being fully alive through authentic, vulnerable connection. This inspirational, life-changing

book reveals how most of our struggles in life are relationship struggles.

Depression, anxiety, mental and physical illness, low self-esteem, high divorce rates, and all the myriad ways we explain our pain are more a result of lack of real relationships. We don't know how to connect, and the ways we go about attempting to do so often contribute to the problem. We hide, pretend and defend instead of being real.

Connection is the doorway to being fully alive, and it is only one vulnerable step away in any given moment. In this book, Duane and Catherine take the reader through an intimate journey using exercises and examples from their personal and professional lives. Practical tools are shared, including 5 skills of emotional responsibility, and the 4 step 'getting real' process to correct the self-limiting beliefs and feelings that are at the root of our relationship dilemmas. This book provides a road map back to a fully connected life for all of those

who have suffered in isolation. *The Parts Inside of Me* - Shelly Johnson MA LMHC 2020-01-21 All of us desire to know our true selves. But how many of us are really living a life of authenticity? In a concise presentation that serves as a practical clinical tool for those in helping professions as well as parents and students of all ages, IFS Therapist Shelly Johnson guides others on a journey inward to understand the many emotional aspects or complex parts that comprise our personalities and then to embrace the healing components of our true selves that bring compassion, balance, and harmonious connection to our lives. *The Parts Inside of Me* guides anyone to discover their true identity while embracing a healing relationship or dialogue with their own internal family. "This lovely little book is a gentle and simple way to encourage readers of all ages to begin to get to know their inner worlds. It can easily be read to children as a stimulus to help them

identify different common parts and discuss with a parent, teacher, or therapist but it can also inspire any of us to further explore our inner families." - Richard C. Schwartz, PhD, Developer of the Internal Family Systems Model of Psychotherapy *Atlas of the Heart* - Brené Brown 2021-11-30 #1 NEW YORK TIMES BESTSELLER • In her latest book, Brené Brown writes, "If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection." In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share

and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the experience more power—it gives us the power of understanding, meaning, and choice. Brown shares, "I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves."

### **Summary of Becoming** - Ninja Reads 2019-11

\*PLEASE NOTE: This concise summary is unofficial and is not authorized, approved, licensed, or endorsed by the

original book's publisher or author. Becoming became a #1 New York Times Bestseller simply because... The bestselling memoir, Becoming, contains a powerful story of working hard, overcoming obstacles, and learning to adapt. In three parts-- Becoming Me, Becoming Us, Becoming More--Michelle Obama tells her story from childhood through her eight years of being the first African American First Lady in United States history. She gives an insightful look into her family and achievements. She does so by utilizing vivid examples and vignettes that paint her experiences with ease for the reader. She handles hard topics with grace and care. Who Benefits From This Summary? Throughout her life, Michelle had to learn to balance the difficulties of her husband's political career, her own career, and keeping her family running smoothly so that her daughters could grow up happily and healthily. In the book, she details her academic, professional, and White House

successes as well as her personal ones. Of all her achievements, she is most proud of being a mother and has two daughters who fill her with pride. She tried her hardest to give them a normal life despite the undoubtedly unusual circumstances. Why read NinjaReads Summaries: \*High-Quality Written Summaries with 30-Day Money Back Guarantee \*Professional Publishing Team with Native English Speakers & Writers \*Each summary is written to ensure your personal growth and enhance your learning experience. \*Key Takeaways & Analysis of each chapter with zero fluff. \*Actionable item steps summarized to ensure you are able to implement the knowledge. NinjaReads summaries is made for Go-Getters who have an itch to learn and grow. Not only will you learn faster, but you'll also be more productive as you save hours of your day. As you grow smarter from each read, your family and friends may notice and give you compliments on how much you have grown. We

chase after the key points and analyze every chapter. You save time by not having to read all the unnecessary fluff that some books may have and absorb only the valuable & practical info you need. That's right... you don't need super speed-reading powers, you'll absorb the info in an hour or less! **DISCLAIMER:** We are confident that our professional summaries will bring more readers to the full-lengthed book who otherwise would have been discouraged due to a long-read commitment. Our hope is that readers like you can use this summary to help cement the most important lessons and ultimately use it as an intro or companion to the original book, not as a replacement.

**Be Not Afraid of Love** - Mimi Zhu 2022-08-23

“Radical and revolutionary.”

—Jonny Sun, New York Times bestselling author of *Goodbye, Again* A collection of powerful interconnected essays and affirmations that follow Mimi Zhu’s journey toward embodying and re-learning love

after a violent romantic relationship, a stunning and provocative book that will guide and inspire readers to lean into love with softness. In their early twenties, Mimi Zhu was a survivor of intimate-partner abuse. This left them broken, in search of healing and ways to re-learn love. This work is a testament to the strength and adaptability all humans possess, a tribute to love. *Be Not Afraid of Love* explores the intersections of love and fear in self-esteem, friendship, family dynamics, and romantic relationships, and extends out to its effects on society and the greater political realm. In sharing their own intimate encounters with oppression, healing, joy, and community, Mimi invites readers to reflect deeply on their own experiences as well, with the intention of acting as a guide to undoing the hurt or uncertainty within them. In this heartrending and revolutionary book, Mimi reminds us, be not afraid of love.

*The Dance of Connection* -  
Harriet Lerner 2009-10-13

Bestselling author Harriet Lerner focuses on the challenge and the importance of being able to express one's "authentic voice" in intimate relationships. The key problem in relationships, particularly over time, is that people begin to lose their voice. Despite decades of assertiveness training and lots of good advice about communicating with clarity, timing, and tact, women and men find that their greatest complaints in marriage and other intimate relationships are that they are not being heard, that they cannot affect the other person, that fights go nowhere, that conflict brings only pain. Although an intimate, long-term relationship offers the greatest possibilities for knowing the other person and being known, these relationships are also fertile ground for silence and frustration when it comes to articulating a true self. And yet giving voice to this self is at the center of having both a relationship and a self. Much as she did in *THE MOTHER*

DANCE, Lerner will approach this rich subject with tales from her personal life and clinical work, inspiring and teaching readers to speak their own truths to the most important people in their lives.

*Calming Magic* - Nikki Van De Car 2020-09-08

Conjure calm and summon serenity with *Calming Magic*, a soothing introduction to the healing energy of mystical practices, aromatherapy blends, crystal rituals, and more. Use the power of intention, ritual, and spellwork to craft a more peaceful, connected life with *Calming Magic*. Harnessing ancient wisdom and profound magic, this enchanted guide pairs mindfulness with mysticism to help readers support the body, mind, and heart in times of stress. Organized into three sections -- Peace, Clarity and Creativity -- *Calming Magic* offers a pathway to tranquility, from quieting anxious thoughts and focusing the mind to cultivating the imagination. Each section incorporates magical practice that fortify

the body (with teas, yoga practices and home remedies), the mind (with meditations, spells and feng shui), and the heart (with crystals, tarot readings and rituals). With primers on the foundations of mystical practices, and creative DIYs to customize rituals and spells, this beautiful volume brings magic and harmony into today's hectic world.

**Dare to Lead** - Brené Brown 2018-10-09

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing

the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying

the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort

is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here."

Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

*First Year of Marriage* - Marcus Kusi 2016-06-09

How to adjust to married life, build a strong foundation, and survive your first year of marriage. - EVEN if you don't know where to start. Do you feel overwhelmed and completely unprepared for marriage? Are you worried about failing in your marriage, second-guessing your decision to even get married, or considering a divorce? Do you want to have the best marriage you possibly can, but not sure where to start? You are not alone. It is easy to feel like you are the only newlywed struggling with married life; the frustrations, sadness, hopelessness, silent treatment, name calling, anxiety, disagreements, anger,

disappointments, coping with new behavior discoveries, wondering if this is what marriage is supposed to be like, etc. We know how you feel because we experienced these struggles after getting married too. We have also listened to great married couples share their first year of marriage struggles on our podcast, *The First Year Marriage Show*, and countless others. So, we understand the problems you are facing and want to help you have a better marriage. To be honest, the first year of marriage is the hardest year for most married couples. However, you can avoid the marriage problems newlyweds face every single day by reading this guide for newlyweds and engaged couples today. We strongly believe this book will change your marriage. Because the lessons come from our own first-hand experience and gleaned knowledge. We share our struggles and how we overcame adversity to build a strong foundation for the healthy, happy, and fulfilling

marriage we have today. In this First Year of Marriage book, you will learn: 1. How to transform your mindset from I into We. 2. How to build a safe environment for your marriage, so you can express your feelings and opinions without feeling judged. 3. Our simple and proven communication strategies have helped many couples to communicate better. 4. Get a better idea of what is at the root of the issues troubling your marriage, and how to fix them. 5. The glue that holds your marriage together and what we did after one of us changed our faith. 6. How to be independent and interdependent without losing your identity. 7. How to connect and grow together as a couple. 8. Why it is important to create a vision for your marriage, and the four steps we used to create a vision our marriage. 9. Why your first year of marriage is critical to the success of your marriage. And much more. This is the book that we wished was out there when we first got married. If you are a newlywed,

just got engaged, looking to remarry or improve your marriage, this indispensable guide is for you. Filled with ideas you can apply immediately to your marriage. Marriage counselors, coaches, educators, pastors, and wedding officiants can also use this book for premarital counseling. You can have the satisfying marriage you both desire. Marriage does not have to be hard. Practice everything we share in this newlyweds guide with your spouse, and you will both be heading towards a happy, healthy, and fulfilling marriage. If you like reading books that are practical, easy to read, and straightforward. Books you can instantly apply what you learn to your life, then you will enjoy reading this guide for newlyweds. More importantly, read this book with your spouse, discuss the questions, and complete the workbook together. Then apply everything you learn to your marriage. You wouldn't build a million-dollar home on a weak foundation. Why would you

consider the same for your marriage? Get your copy of this marriage book today. -----

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Why Won't You Apologize? -

Harriet Lerner 2017-01-10

“If you want to know why Harriet Lerner is one of my great heroes, Why Won't You Apologize? is the answer. This book is a game changer.”

—Brené Brown, PhD, LMSW, author of the #1 New York Times bestseller Rising Strong “Harriet Lerner is one hell of a wise woman. She draws you in with deft and engaging prose, and then changes your life with her rigorous intelligence and

her deeply human advice. I promise that you will never see ‘the apology’ in quite the same way.” —Esther Perel, MA, LMFT author of Mating in Captivity Renowned psychologist and bestselling author of The Dance of Anger sheds new light on the two most important words in the English language—I’m sorry—and offers a unique perspective on the challenge of healing broken connections and restoring trust. Dr. Harriet Lerner has been studying apologies—and why some people won’t give them—for more than two decades. Now she offers compelling stories and solid theory that bring home how much the simple apology matters and what is required for healing when the hurt we’ve inflicted (or received) is far from simple. Readers will learn how to craft a deeply meaningful “I’m sorry” and avoid apologies that only deepen the original injury. Why Won't You Apologize? also addresses the compelling needs of the injured party—the one who has been hurt by

someone who won't apologize, tell the truth, or feel remorse. Lerner explains what drives both the non-apologizer and the over-apologizer, as well as why the people who do the worst things are the least able to own up. She helps the injured person resist pressure to forgive too easily and challenges the popular notion that forgiveness is the only path to peace of mind. With her trademark humor and wit, Lerner offers a joyful and sanity-saving guide to setting things right.

*Internal Family Systems Therapy, Second Edition -*

Richard C. Schwartz

2019-08-12

Now significantly revised with over 70% new material, this is the authoritative presentation of Internal Family Systems (IFS) therapy, which is taught and practiced around the world. IFS reveals how the subpersonalities or "parts" of each individual's psyche relate to each other like members of a family, and how--just as in a family--polarization among parts can lead to emotional

suffering. IFS originator Richard Schwartz and master clinician Martha Sweezy explain core concepts and provide practical guidelines for implementing IFS with clients who are struggling with trauma, anxiety, depression, eating disorders, addiction, and other behavioral problems.

They also address strategies for treating families and couples. IFS therapy is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices. New to This Edition \*Extensively revised to reflect 25 years of conceptual refinement, expansion of IFS techniques, and a growing evidence base. \*Chapters on the Self, the body and physical illness, the role of the therapist, specific clinical strategies, and couple therapy. \*Enhanced clinical utility, with significantly more "how-to" details, case examples, and sample dialogues. \*Quick-reference boxes summarizing key points, and end-of-chapter summaries.

*The Art of Asking -* Amanda Palmer 2014-11-11

FOREWORD BY BRENE BROWN and POSTSCRIPT FROM BRAIN PICKINGS CREATOR MARIA POPOVA

Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she wordlessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world's most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for—as a musician, as a friend, and as a wife. She learns that she isn't alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and

relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of THE ART OF ASKING. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. THE ART OF ASKING will inspire readers to rethink their own ideas about asking, giving, art, and love.

*Codependent No More -*

Melody Beattie 2009-06-10

In a crisis, it's easy to revert to old patterns. Caring for your well-being during the coronavirus pandemic includes maintaining healthy boundaries and saying no to unhealthy relationships. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life.

Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

The Good Girl Stripped Bare - Tracey Spicer 2017-05-01  
From bogan to boned and

beyond -- a full-frontal 'femoir' by one of Australia's best-loved journalists From bogan to boned and beyond - a full-frontal femoir Tracey Spicer was always the good girl. Inspired by Jana Wendt, this bogan from the Brisbane backwaters waded through the 'cruel and shallow money trench' of television to land a dream role: national news anchor for a commercial network. But the journalist found that, for women, TV was less about news and more about helmet hair, masses of makeup and fatuous fashion, in an era when bosses told you to 'stick your tits out', 'lose two inches off your arse', and 'quit before you're too long in the tooth'. Still, Tracey plastered on a smile and did what she was told. But when she was sacked by email after having a baby, this good girl turned 'bad', taking legal action against the network for pregnancy discrimination. In this frank and funny 'femoir' - part memoir, part manifesto - Tracey 'sheconstructs' the structural barriers facing

women in the workplace and encourages us all to shake off the shackles of the good girl. "Glows with the wisdom of a woman who has learned essential truths about love, life and happiness" - Caroline Overington "Wickedly witty and wonderfully wise" - Wendy Harmer "Fiercely smart and ferociously funny" - Benjamin Law

*The Science of Effective Mentorship in STEMM* - National Academies of Sciences, Engineering, and Medicine 2020-01-24 Mentorship is a catalyst capable of unleashing one's potential for discovery, curiosity, and participation in STEMM and subsequently improving the training environment in which that STEMM potential is fostered. Mentoring relationships provide developmental spaces in which students' STEMM skills are honed and pathways into STEMM fields can be discovered. Because mentorship can be so influential in shaping the future STEMM workforce, its

occurrence should not be left to chance or idiosyncratic implementation. There is a gap between what we know about effective mentoring and how it is practiced in higher education. *The Science of Effective Mentorship in STEMM* studies mentoring programs and practices at the undergraduate and graduate levels. It explores the importance of mentorship, the science of mentoring relationships, mentorship of underrepresented students in STEMM, mentorship structures and behaviors, and institutional cultures that support mentorship. This report and its complementary interactive guide present insights on effective programs and practices that can be adopted and adapted by institutions, departments, and individual faculty members.

**The Gifts of Imperfection** - Brené Brown 2010-09-20  
NEW YORK TIMES  
BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new

foreword and new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, "This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, 'My story matters

because I matter.' Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance."

**Fragile Power** - Paul L. Hokemeyer 2019-10-08

A revealing exploration of people whose wealth, fame, beauty, and social status grant them immense power.

Celebrity culture drives us to aspire to be like the few who seem to have figured out how to have it all. But is it possible that they simultaneously have everything and nothing at all? Having treated some of the world's most successful people, psychotherapist "Dr. Paul" sets out to answer why so many people who have everything end up feeling like their achievements are never enough—as well as what that pattern can reveal about ourselves and the society in which we live. The exclusivity of living behind the velvet rope or the gilded gate doesn't guarantee happiness for the rich, famous, and powerful; there are downsides to attainment as well. We

all—including people who seem protected by their privileged lives—can experience the self-destructive behaviors common to modern life, including chronic stress, addiction, anxiety, imposter syndrome, infidelity, negative body image, and narcissism. Division marks our era. There's a growing separation between the haves and have nots, men and women, as well as the empowered and the disenfranchised. At the same time, our culture is defined by celebrities, and the powerful, affluent people we put on a pedestal to idolize and emulate. Too often, we think our lives would be better if we could have what they have or be more like them. It's time to realize that even the most admired people can go through life feeling unloved and unable to escape their problems. From the therapist's chair, we learn how feelings of shame, insecurity, abandonment, and emotional pain are all part of the human condition. With empathy, we can overcome our sense of isolation by realizing

that we all crave—and deserve—understanding, intimacy, and real connection.

**I Thought It Was Just Me (but it Isn't)** - Brené Brown  
2008

Draws on research with hundreds of interviewees to identify the pervasive influence of cultural shame, discussing how women can recognize the ways in which shame influences their health and relationships and can be transformed into courage and connectivity.

*Building Confidence in Your Child* - Dr. James Dobson  
2015-06-02

A solid sense of self-worth helps children make good choices, develop healthy relationships, and work to achieve their dreams. Based on a biblical understanding of human value, *Building Confidence in Your Child* teaches moms and dads how to parent positively to help their children grow into secure adults who are poised for success in life. Deftly balancing the principles of humility and pride, trusted author and

parenting expert Dr. James Dobson offers practical pointers that break through the theories and get right down to the decisions parents have to make every day.

[Awareness Is Freedom](#) - Itai Ivtzan 2015-03-27

*Awareness Is Freedom: The Adventure of Psychology and Spirituality* proposes a unique combination of spiritual and psychological concepts that together lead to greater self-awareness and wellbeing. It is structured as eight lessons, each focusing on different aspects of psychology and spirituality, to support readers in their personal journey of self-growth. The psychological and spiritual theories described in the book are backed up by scientific findings that enhance the legitimacy and power of its message. The book also includes practical exercises which allow the reader to apply the ideas in an enjoyable way that will lead to self-improvement and greater satisfaction in life.

*Abundance Now* - Lisa Nichols 2016-01-05

New York Times bestselling author, Personal Transformation guru, and life coach for the Steve Harvey Show and Today, Lisa Nichols shares her journey from scarcity to abundance, outlining steps everyone can take to create abundance in career, relationships, self, and finances—while creating a legacy for others to follow. Twenty years ago, Lisa Nichols was a single mother dependent on public assistance and jumping from one dead end job to the next. Determined to break out of the defeatist mindset, negative behavior, and bad habits that were holding her back from success, she resolved to change her life. Today, she leads the life of her dreams. In *Abundance Now*, this icon in the field of personal transformation shares her secrets to creating a life that is rich in every way possible. Focusing on the four areas of life that must be refined to bring true abundance, or the 4 E's—Enrichment, Enchantment, Engagement, Endowment—Nichols identifies

the framework upon which a fulfilled existence is built. *Abundance Now* offers provocative lessons, actionable plans and real-life case-studies, and makes clear what we must do every day to attract abundance, how to act as if we are already leading abundant lives, and how to open the door to a life of richness in our work, our relationships, our finances, and in our view of ourselves.

*Braving the Wilderness* - Brené Brown 2019-08-27

#1 NEW YORK TIMES BESTSELLER • REESE'S BOOK CLUB PICK • A timely and important book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection* Don't miss the five-part HBO Max docuseries *Brené Brown: Atlas of the Heart!* "True belonging doesn't require us to change who we are. It requires us to be who we are." Social scientist Brené

Brown, PhD, MSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in

our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts." Brown offers us the clarity and courage we need to find our way back to ourselves and to each other. And that path cuts right through the wilderness. Brown writes, "The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."

**Soul Friends** - Stephen Cope  
2017-04-04

"Most of us will have many friends throughout our lifetimes—friends of all shapes, sizes, and callings. Many of these are wonderful, meaningful friendships. Some

are difficult. But some magic few of these are connections that have gone right to our soul. These five or seven or ten friendships have been powerful keys to determining who we have become and who we will become. . . . These are the people I call Soul Friends." As the Senior Scholar-in-Residence for over 25 years at the renowned Kripalu Center, Stephen Cope has spent decades investigating—and writing about—the integration of body, mind, and spirit and the rich complexity of our relationships with others, and with ourselves. Perhaps the central truth that arises from his work is this: human beings are universally wired for one thing—vital connection with one another. Soul Friends invites us on a compelling journey into the connectivity of the human psyche, the study of which has fascinated scholars, philosophers, and thinkers for centuries. Cope seamlessly blends science, scholarship, and storytelling, drawing on his own life as well as the histories of famous figures—from

Eleanor Roosevelt to Charles Darwin to Queen Victoria—whose formative relationships shed light on the nature of friendship itself. In his exploration, he distills human connection into six distinct yet interconnected mechanisms: containment, twinship, adversity, mirroring, identification, and conscious partnership. Then he invites us to reflect on how these forms of connection appear in our own lives, helping us work toward a fuller understanding of "who we have become and who we will become." Without a doubt, the journey to our most fulfilled selves requires us to look within. But in order to truly thrive, we must make the most of who we are in relation to one another as well.

Unsparingly honest, deeply wise, and irresistibly readable, *Soul Friends* gives us a map to find our way.

**Self-Compassion** - Dr. Kristin Neff 2011-04-19

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." Self-

Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

**The Healing Power of Sound**

- Mitchell L. Gaynor, MD  
2002-08-13

Since 1991, Dr. Mitchell Gaynor has been achieving remarkable results by integrating music, vocalization, breathing, and meditation techniques in his work with patients. In *The Healing Power of Sound*, he presents his sound-based techniques for self-healing—techniques that

anyone can use, whether faced with a life-threatening disease or simply seeking relief from the stresses of daily life. Numerous studies have demonstrated the health benefits of music: it can lower blood pressure and heart and respiratory rates; reduce cardiac complications; increase the immune response; and boost our natural opiates. Gaynor shows how, when integrated as part of a mind-body-spirit approach to wellness, music can play a significant part in maintaining a healthy lifestyle or in healing serious disease. The *Healing Power of Sound* includes twelve exercises involving breathing, meditation, and "toning"—using pure vocal sound to resolve tension, release emotion, and spur the healing process—that can be used by anyone to improve health and quality of life.

**Together** - Vivek H. Murthy, M.D. 2020-04-07

The book we need NOW to avoid a social recession, Murthy's prescient message is about the importance of human

connection, the hidden impact of loneliness on our health, and the social power of community. Humans are social creatures: In this simple and obvious fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today from alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health, but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society. But, at the center of our loneliness is our innate desire to connect. We have evolved to participate in community, to forge lasting bonds with others, to help one another, and to share life experiences. We are, simply, better together. The lessons in *Together* have immediate

relevance and application. These four key strategies will help us not only to weather this crisis, but also to heal our social world far into the future. Spend time each day with those you love. Devote at least 15 minutes each day to connecting with those you most care about. Focus on each other. Forget about multitasking and give the other person the gift of your full attention, making eye contact, if possible, and genuinely listening. Embrace solitude. The first step toward building stronger connections with others is to build a stronger connection with oneself. Meditation, prayer, art, music, and time spent outdoors can all be sources of solitary comfort and joy. Help and be helped. Service is a form of human connection that reminds us of our value and purpose in life. Checking on a neighbor, seeking advice, even just offering a smile to a stranger six feet away, all can make us stronger. During Murthy's tenure as Surgeon General and during the research for

Together, he found that there were few issues that elicited as much enthusiastic interest from both very conservative and very liberal members of Congress, from young and old people, or from urban and rural residents alike. Loneliness was something so many people have known themselves or have seen in the people around them. In the book, Murthy also shares his own deeply personal experiences with the subject-- from struggling with loneliness in school, to the devastating loss of his uncle who succumbed to his own loneliness, as well as the important example of community and connection that his parents modeled. Simply, it's a universal condition that affects all of us directly or through the people we love—now more than ever. You Are Your Best Thing - Tarana Burke 2021-04-27 NEW YORK TIMES BESTSELLER • Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organizers, artists, academics, and cultural

figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience. Contributions by Kiese Laymon, Imani Perry, Laverne Cox, Jason Reynolds, Austin Channing Brown, and more NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE AND BOOKRIOT It started as a text between two friends. Tarana Burke, founder of the 'me too.' Movement, texted researcher and writer Brené Brown to see if she was free to jump on a call. Brené assumed that Tarana wanted to talk about wallpaper. They had been trading home decorating inspiration boards in their last text conversation so Brené started scrolling to find her latest Pinterest pictures when the phone rang. But it was immediately clear to Brené that the conversation wasn't going to be about wallpaper. Tarana's hello was serious and she hesitated for a bit before saying, "Brené, you know your

work affected me so deeply, but as a Black woman, I've sometimes had to feel like I have to contort myself to fit into some of your words. The core of it rings so true for me, but the application has been harder." Brené replied, "I'm so glad we're talking about this. It makes sense to me. Especially in terms of vulnerability. How do you take the armor off in a country where you're not physically or emotionally safe?" Long pause. "That's why I'm calling," said Tarana. "What do you think about working together on a book about the Black experience with vulnerability and shame resilience?" There was no hesitation. Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing. Along with the anthology contributors, they create a space to recognize and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life.