



Key Takeaways, Analysis & Review | Daring Greatly

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PLEASE NOTE: This is key takeaways *and analysis* of the book and NOT the original book.

Daring Greatly: by Brene Brown | Key Takeaways, Analysis & Review

Preview:

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 become more creative and productive.

Many people believe vulnerability is a sign of weakness and failure. Exposing this myth helps people understand that being vulnerable is a way to grab the best life has to offer.

Shame has often been seen as a direct result of vulnerability. However, vulnerability opens people to new possibilities. Shame closes off those possibilities by making people afraid to try new things and to develop new relationships...

Inside this Instaread of Daring Greatly:

- Key Takeaways of the book
- Introduction to the important people in the book
- Analysis of the Key Takeaways

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