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### **the gifts of imperfection pdf**

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The Gifts of Imperfection is a great book with lots of wisdom. Most of all, I liked the link between authenticity and writing your own story. I would probably pick The Gifts of Imperfection over Daring Greatly, albeit the latter has a better overview and more psychological explanation.

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### **The Gifts of Imperfection: Let Go of Who You Think You're**

(The Gifts of Imperfection, p. 9) If we share our shame story with the wrong person, they can easily become one more piece of lying debris in an already dangerous storm. (The Gifts of Imperfection, p. 10) Brené gives six examples of responses we want to avoid while we are feeling shame.

### **Companion Worksheet Reader Worksheet and Book Club Guide**

With Brené Brown's game-changing New York Times bestseller *The Gifts of Imperfection* which has sold more than 2 million copies in more than 30 different languages, and Forbes recently named one of the "Five Books That Will Actually Change Your Outlook On Life" we find courage to overcome paralyzing fear and self-consciousness, strengthening our connection to the world.

### **The Gifts of Imperfection: Let Go of Who You Think You're**

If you would like to read more about them please have a look at the book *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. If you are ready to reclaim your courage and take the ...

### **10 Guideposts for Wholehearted Living by Dr Brené Brown**

In this book summary of *The Gifts of Imperfection* by Brené Brown, you'll find my notes, valuable lessons, and important action steps. *The Gifts Of Imperfection Summary*. Wholehearted living is a process that never stops, it's the opposite of a one time choice. Courage, compassion, and connection are the gifts of imperfection.

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