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# Brene Brown The Power Of Vulnerability Book

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By Brene Brown Key Takeaways, Analysis & Review

Codependent No More

Women and Shame

The Secret Strengths of Introverts

How Vulnerability Unlocks Creativity, Connection, and Performance

Rules to Succeed in Business and Life from Titans, Billionaires, & Leaders Who Changed the World.

Making the Journey from "What Will People Think?" to "I Am Enough"

The Path Made Clear

Think Again

Daring Greatly

Mapping Meaningful Connection and the Language of Human Experience

You Are Your Best Thing

10% Happier

Fragments

The Art of Asking

Revolution

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

15 Things You Should Give Up to Be Happy

How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story

Professional Troublemaker

Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster

Rising Strong

Vulnerability, Shame Resilience, and the Black Experience

Courageous Compassion

How America Criminalizes the Poor in the Name of Justice

An Inspiring Guide to Discovering Effortless Joy

Shifting the Lens on Race

The Quest for True Belonging and the Courage to Stand Alone

Brené Brown Studies Vulnerability, Authenticity and Shame. Paperback

Brave Work. Tough Conversations. Whole Hearts.

By Edward Snowden: Key Takeaways & Analysis Included

Pleasure Activism

The Top 10 Rules for Success

How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead

Living Well in Thought, Word, and Deed

The Gifts of Imperfection

Bossed Up

Mapping Meaningful Connection and the Language of Human Experience

Being Boss

*Brene Brown The Power Of Vulnerability Book*

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## KAELYN PERKINS

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*By Brene Brown Key Takeaways, Analysis & Review* Random House

#1 NEW YORK TIMES BESTSELLER • 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* Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us!* REESE'S BOOK CLUB PICK "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."

*Codependent No More* Rodale

In *In Profit and Punishment*, a Pulitzer Prize-winning journalist exposes the tragedy of modern-day debtors prisons, and how they destroy the lives of poor Americans swept up in a system designed to penalize the most impoverished. "Intimate, raw, and utterly scathing" — Heather Ann Thompson, Pulitzer Prize-winning author of *Blood in the Water* "Crucial evidence that the justice system is broken and has to be fixed. Please read this book." —James Patterson, #1 New York Times bestselling author As a columnist for the *St. Louis Post-Dispatch*, *Tony Messenger* has spent years in county and municipal courthouses documenting how poor Americans are convicted of minor crimes and then saddled with exorbitant fines and fees. If they are unable to pay, they are often sent to prison, where they are then charged a pay-to-stay bill, in a cycle that soon creates a mountain of debt that can take years to pay off. These insidious penalties are used to raise money for broken local and state budgets, often overseen by for-profit companies, and it is one of the central issues of the criminal justice reform movement. In the tradition of *Evicted* and *The New Jim Crow*, *Messenger* has written a call to arms, shining a light on a two-tiered system invisible to most Americans. He introduces readers to three single mothers caught up in this system: living in poverty in Missouri, Oklahoma, and South Carolina, whose lives are upended when minor offenses become monumental financial and personal catastrophes. As these women struggle to clear their debt and move on with their lives, readers meet the dogged civil rights advocates and lawmakers fighting by their side to create a more equitable and fair court of justice. In this remarkable feat of reporting, *Tony Messenger* exposes injustice that is agonizing and infuriating in its mundane cruelty, as he champions the rights and dignity of some of the most vulnerable Americans.

*Women and Shame* Macmillan

#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. Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us!* 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.

*The Secret Strengths of Introverts* Penguin

NATIONAL BESTSELLER We all know the system isn't working. Our governments are corrupt and the opposing parties pointlessly similar. Our culture is filled with vacuity and pap, and we are told there's nothing we can do: "It's just the way things are." In this book, Russell Brand hilariously lacerates the straw men and paper tigers of our conformist times and presents, with the help of experts as diverse as Thomas Piketty and George Orwell, a vision for a fairer, sexier society that's fun and inclusive. You have been lied to, told there's no alternative, no choice, and that you don't deserve any better. Brand destroys this illusory facade as amusingly and deftly as he annihilates Morning Joe anchors, Fox News fascists, and BBC stalwarts. This book makes revolution not only possible but inevitable and fun.

*How Vulnerability Unlocks Creativity, Connection, and Performance* Church Publishing, Inc.

Brené Brown :Brené Brown: The power of vulnerability Journal It is a self exploration journal designed to focus on being thankful for what we have, the big things in life, as well as the simple joys. Each well designed weekly spread contains an inspirational quote, space to write 3 things you are thankful for each day of the week, and a weekly checkpoint. If you start each day by writing down three things you are thankful for - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given! Grab a copy for a friend and share the journey together!

**Rules to Succeed in Business and Life from Titans, Billionaires, & Leaders Who Changed the World.** Hay House, Inc

Whether it's a critical comment from the boss or a full-blown catastrophe, life continually dishes out challenges. Resilience is the learned capacity to cope with any level of adversity, from the small annoyances of daily life to the struggles and sorrows that break our hearts. Resilience is essential for surviving and thriving in a world full of troubles and tragedies, and it is completely trainable and recoverable — when we know how. In *Resilience*, Linda Graham offers clear guidance to help you develop somatic,

emotional, relational, and reflective intelligence — the skills you need to confidently and effectively cope with life's inevitable challenges and crises.

*Making the Journey from "What Will People Think?" to "I Am Enough"* QuickRead.com

\*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.

**The Path Made Clear** Penguin

Based on a phenomenally popular blog post, a simple and counterintuitive approach to finding true joy When Luminita Saviuc, founder the PurposeFairy blog, posted a list of things to let go in order to be happy, she had no idea that it would go viral, shared more than 1.2 million times and counting. Based on that inspiring post, this heartfelt book gives readers permission to give up--that is, to let go of the bad habits that are holding them back from achieving authentic happiness and living their best lives. Lessons include: · Give Up the Past · Give Up Your Limiting Beliefs · Give Up Blaming Others · Give Up the Need to Always Be Right · Give Up Labels · Give Up Attachment Simple yet wise, and informed by the author's own inspiring personal journey, this liberating little book presents a fresh twist on happiness advice: take a step back to reflect, and give yourself permission to let things go. Includes a foreword by Vishen Lakhiani, New York Times-bestselling author of *The Code of the Extraordinary Mind* and founder and CEO of Mindvalley.

**Think Again** Simon and Schuster

Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

*Daring Greatly* Ballantine Books

In this candid, refreshing guide for young women to take with us as we run the world, Emilie Aries shows you how to own your power, know your worth, and design your career and life accordingly. Young women today face an uncertain job market, the pressure to ascend at all costs, and a fear of burning out. But the landscape is changing, and women are taking an assertive role in shaping our careers and lives, while investing more and more in our community of support. *Bossed Up* teaches you how to: Break out of the "martyrdom mindset," and cultivate your Boss Identity by getting clear on what you really want for your career and life without apology; Hone the self-advocacy skills necessary for success; Understand the differences between being assertive (which is part of being a leader) and being aggressive (which is more like being a bully) - and how that clarity can transform your trajectory; Beat burnout by identifying how the warning signs may

be showing up in your life and how to prioritize bringing more rest, purpose, agency, and community to your day-to-day life; Unpack the steps to cultivating something more than just confidence; a boss identity, which will establish your ability to be the boss of your life no matter what comes your way. Drawing from timely research, and with personal stories, and spotlights on a diverse group of women from the Bossed Up community, this book will show you how to craft a happy, healthy, and sustainable career path you'll love.

Mapping Meaningful Connection and the Language of Human Experience Daring Greatly How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead #1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In Think Again, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of Dare to Lead The bestselling author of Give and Take and Originals examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an

expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of Originals and Give and Take, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

AK Press

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.

### **You Are Your Best Thing** Idreambooks

From the creators of the hit podcast comes an interactive self-help guide for creative entrepreneurs, where they share their best tools and tactics on "being boss" in both business and life. Kathleen Shannon and Emily Thompson are self-proclaimed "business besties" and hosts of the top-ranked podcast Being Boss, where they talk shop and share their combined expertise with other creative entrepreneurs. Now they take the best of their from-the-trenches advice, giving you targeted guidance on: The Boss Mindset: how to weed out distractions, cultivate confidence, and tackle "fraudulent feelings" Boss Habits: including a tested method for visually mapping out goals with magical results Boss Money: how to stop freaking out about finances and sell yourself (without shame) With worksheets, checklists, and other real tools for achieving success, here's a guide that will truly help you "be boss" not only at growing your business, but creating a life you love.

10% Happier Random House

Rising Strong: by Brene Brown Key Takeaways, Analysis & Review Preview: Rising Strong: the Reckoning, the Rumble, the Revolution by Brene Brown is a book about the importance of people getting back up after they have fallen. But it is also a book about the way they should bounce back. The author has a specific approach to bouncing back that, if followed, will make those who rise again stronger from what they were before they stumbled... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread of Rising Strong: Overview of the book Important People Key Takeaways Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience."

Fragments Simon and Schuster

Workbook For Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience. HOW TO USE THIS WORKBOOK FOR ENHANCED APPLICATION Atlas of The Heart by Brené Brown is an incredible compilation of not just Brene Brown's research findings, but an integration of research and data points from the world's top thought leaders on the human social/emotional experience. The book is laid out as an "atlas", as we are all adventurers and travelers through our emotional world.

The book itself is so beautiful--incredible illustrations, glossy pages, brilliant colors, and helpful graphics to help the reader better understand complex ideas. This WORKBOOK For "Atlas of the Heart" Will Help you and Your Loved Ones navigate through life's ups & downs of emotions, and the writing is very clear and easy to understand. Highly recommend!

**The Art of Asking** Random House

How do we make social justice the most pleasurable human experience? How can we awaken within ourselves desires that make it impossible to settle for anything less than a fulfilling life? Editor adrienne maree brown finds the answer in something she calls "Pleasure Activism," a politics of healing and happiness that explodes the dour myth that changing the world is just another form of work. Drawing on the black feminist tradition, including Audre Lourde's invitation to use the erotic as power and Toni Cade Bambara's exhortation that we make the revolution irresistible, the contributors to this volume take up the challenge to rethink the ground rules of activism. Writers including Cara Page of the Astraea Lesbian Foundation For Justice, Sonya Renee Taylor, founder of This Body Is Not an Apology, and author Alexis Pauline Gumbs cover a wide array of subjects—from sex work to climate change, from race and gender to sex and drugs—they create new narratives about how politics can feel good and how what feels good always has a complex politics of its own. Building on the success of her popular Emergent Strategy, brown launches a new series of the same name with this volume, bringing readers books that explore experimental, expansive, and innovative ways to meet the challenges that face our world today. Books that find the opportunity in every crisis!

*Revolution* Random House Trade Paperbacks

Researcher, thought leader, and New York Times bestselling author Brené Brown offers a liberating study on the importance of our imperfections—both to our relationships and to our own sense of self The quest for perfection is exhausting and unrelenting. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we're supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism and blame by seeking safety in pretending and perfection. Brené Brown, PhD, LMSW, is the leading authority on the power of vulnerability,

and has inspired thousands through her top-selling books *Daring Greatly*, *Rising Strong*, and *The Gifts of Imperfection*, her wildly popular TEDx talks, and a PBS special. Based on seven years of her ground-breaking research and hundreds of interviews, *I Thought It Was Just Me* shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. Brown writes, "We need our lives back. It's time to reclaim the gifts of imperfection—the courage to be real, the compassion we need to love ourselves and others, and the connection that gives true purpose and meaning to life. These are the gifts that bring love, laughter, gratitude, empathy and joy into our lives."

**How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead** Running Press Adult

The monumental bestseller *Quiet* has been recast in a new edition that empowers introverted kids and teens Susan Cain sparked a worldwide conversation when she published *Quiet: The Power of Introverts in a World That Can't Stop Talking*. With her inspiring book, she permanently changed the way we see introverts and the way introverts see themselves. The original book focused on the workplace, and Susan realized that a version for and about kids was also badly needed. This book is all about kids' world—school, extracurriculars, family life, and friendship. You'll read about actual kids who have tackled the challenges of not being extroverted and who have made a mark in their own quiet way. You'll hear Susan Cain's own story, and you'll be able to make use of the tips at the end of each chapter. There's even a guide at the end of the book for parents and teachers. This insightful, accessible, and empowering book, illustrated with amusing comic-style art, will be eye-opening to extroverts and introverts alike.

15 Things You Should Give Up to Be Happy Harper Collins

#1 New York Times Bestseller Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After

having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

*How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story* Harper Collins

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. *Brave Work. Tough Conversations. Whole Hearts.* People all over the world are often asking themselves how to become a better leader. Each day, managers, CEOs, and executives struggle with knowing what it is they need to become more effective. Unfortunately, they often focus on the wrong things, like titles, status, and power. But a leader isn't just someone who has the highest title, she is anyone who takes responsibility for recognizing the potential in people and ideas. What's more, she dares to develop that potential. Leaders with courage are those who don't avoid difficult conversations and situations, they lean into vulnerability, they have empathy and connection. So how can you cultivate braver, more daring leaders? And how do you embed the value of courage in your culture? Luckily, daring leadership is made up of four skill sets that are 100 percent teachable, observable, and measurable. It won't be easy, but it will be worth it. As you read, you'll learn the dangers of perfectionism, how vulnerability takes courage, and what you can learn about leadership from skydiving.

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