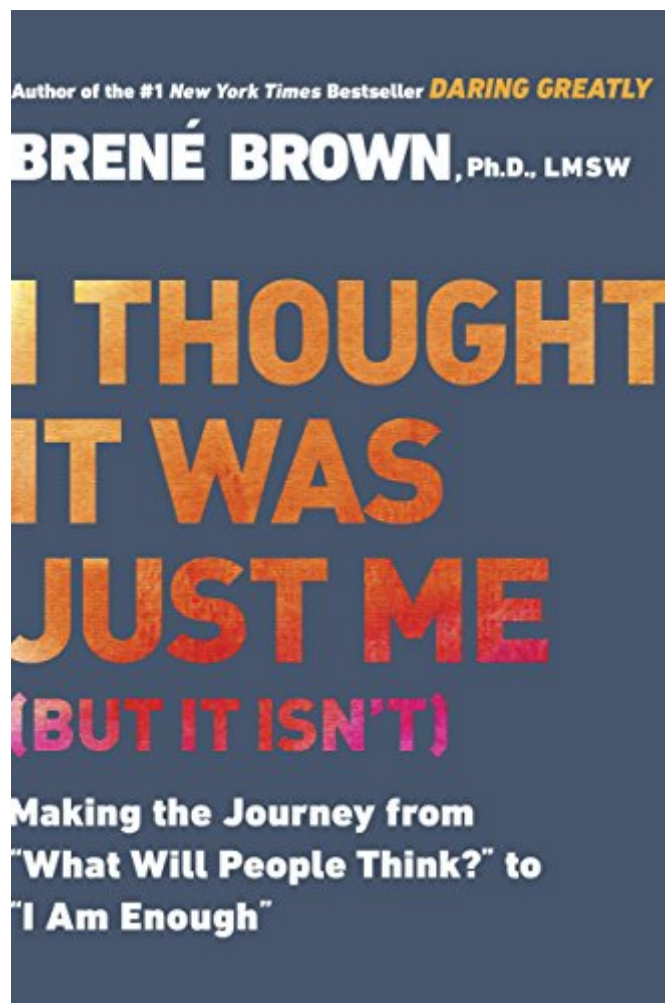




The book was found

I Thought It Was Just Me (but It Isn't): Making The Journey From "What Will People Think?" To "I Am Enough"



Synopsis

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 are 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. Dr. Brené Brown, Ph.D., 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 are all in this together. Dr. 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.” From the Trade Paperback edition.

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General

Customer Reviews

maybe it's just me, because I'm not really a "self-help" book reader in general, but I found it kind of depressing and not particularly illuminating. I've heard so much about her, and I think I saw her once on Oprah where she was very dynamic, but the book didn't do it for me. that being said, others may really enjoy it.

If you want to understand yourself better, man or woman, this is a book to help. Read it slowly and deep.

I liked that she gave me vocabulary to talk about shame and how it is different from guilt. Anyone who is struggling with finding their authentic self would find this book helpful. This book helped me. I always love Brenne Brown.

This book gave many good examples and ways to talk about shame, guilt, and resilience. My first time through I just read it. Then. Went back and participated in the exercises. It was a great learning experience.

A great book for anyone looking to grow in maturity and grace in their life. The gifts of Imperfection is still my favorite, but this was so informative.

Brene' wrote this book for women but it is important for men to understand the shame women experience. It became more evident as the book dealt with real life experiences. It wasn't until the final chapter the Brene' broaches men's shame with the promise to do more research into men's shame. THANK YOU!

A great book about shame and its negative impact on our lives and others. Shame is something we

all suffer through in one form or another, and Brene Brown has been courageous enough to explore this painful subject and helped find a way we can all escape from the trappings of shame and live "whole-hearted" lives. Dr. Brown has transformed many, many lives through this book alone, including my own, and although this book focuses exclusively on women's shame, it should still be read by men simply to better understand what women struggle with. Hurry up and get yourself a copy today!

This book is well written, easy to read, and I feel it has something for everyone!

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