



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

by Brené Brown



Brown has written a beautiful book about real vulnerability based on her work of more than a decade. I relate to what she offers and love the Southern sassy way about her (since I am from Alabama, I can say that).

She offers this: "Vulnerability is the core, the heart, the center, of all meaningful human experiences." She always suggests that vulnerability is the only door to intimacy and that we as people shut down because we are scared.

In an interview with Oprah, Brown offered an idea on fear: "anxiety is fear, jealousy is fear, greed is fear — and addiction is fear," as they are all ways we numb ourselves, because we feel powerless or inadequate. I recommend the book as she makes it clear that vulnerability does not mean sharing or disclosing outside an invested relationship. ~ **Dr. Michele Winchester-Vega**



Brown nailed the subject. As a clinician, too, I am grateful to her for her 12-plus years of reaching perfectionism, vulnerability, shame and resiliency. Your work is more than just a spin.

Her research has become some of my quotable words of wisdom that I use in my work with patients and has become my personal guidepost. I have personally gained greater insight into my own needs for connection and intimacy as I get older and continue to practice.

This book and her previous book, "I Thought It Was Just Me," give us a new road map to rethink the meaning of shame that she described as a silent epidemic and vulnerability as an asset rather than a liability. She suggests neither is a weakness but should be combined with courage and willingness. Perfectionism she says we wear like a shield of numbing armor, keeping us from cultivating true self-acceptance, empathy and compassion for others.

Her words resonate for me, "learning to actually feel more; staying mindful; learning how to lean into discomfort." I wholeheartedly recommend this positive psychology life coaching take on resilience. ~ **Diane Light-Spiro**



Brown offers an enlightening perspective on vulnerability and authenticity. Her research reveals that allowing ourselves to be open to vulnerability will lead to levels of creativity, connection and joy that we would never otherwise be able to find.

This ultimately led to her own journey and the development of what she refers to as the 10 guideposts, which she chronicles in an way that makes it easy for the reader to relate to their own lives. I find Brown's style engaging and thought-provoking. While her work is based on numerous years of research, the results are expressed in talks and writings that are heartfelt, fascinating and inspiring. ~ **Katie Helpley**



Vulnerability is something so many people struggle with. We walk around feeling inadequate and put on a facade of what we want people to think we are instead of who we actually are. We are afraid to even try, because of failure, so we take ourselves out of the game. This inability to be vulnerable affects so many facets of life. I wonder what it would be like if we were strong enough to be vulnerable? To not make excuses, to be honest, to surround ourselves with people who we trust that we love and accept us anyway? I think it starts with being vulnerable with ourselves and loving even our imperfections. Maybe we should all give it a try. ~ **Victoria Sullivan**



Brown's discussion of vulnerability is beautifully written and important for those on their own journey of personal growth to understand. Being vulnerable is essential to all healthy relationships and the key to true connectedness. What I liked most about the book was her discussion of vulnerability as it relates to risk-sharing. Taking risks is the key to making changes in one's life, for without them we will remain in our comfort zone. In therapy, I discuss with clients that you must take risks in order to grow. This book helps illustrate this point. ~ **Susan McVey**