



Rising Strong: The Reckoning. The Rumble. The Revolution.

By Brené Brown

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#1 NEW YORK TIMES BESTSELLER • When we deny our stories, they define us. When we own our stories, we get to write the ending.

Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall.

It is the rise from falling that Brown takes as her subject in *Rising Strong*. As a grounded theory researcher, Brown has listened as a range of people—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—shared their stories of being brave, falling, and getting back up. She asked herself, *What do these people with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and clergy walking with people through faith and mystery have in common?* The answer was clear: They recognize the power of emotion and they're not afraid to lean in to discomfort.

Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We *reckon* with our emotions and get curious about what we're feeling; we *rumble* with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a *revolution* in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process, Brown writes, that teaches us the most about who we are.

ONE OF GREATER GOOD'S FAVORITE BOOKS OF THE YEAR

Praise for *Rising Strong*

“[Brené Brown’s] research and work have given us a new vocabulary, a way to talk with each other about the ideas and feelings and fears we’ve all had but haven’t quite known how to articulate. . . . Brené empowers us each to be a little more courageous.”—*The Huffington Post*

“With a fresh perspective that marries research and humor, Brown offers compassion while delivering thought-provoking ideas about relationships—with others and with oneself.”—*Publishers Weekly*

“It is inevitable—we will fall. We will fail. We will not know how to react or what to do. No matter how or when it happens, we will all have a choice—do we get up or not? Thankfully, Brené Brown is there with an outstretched arm to help us up.”—**Simon Sinek, author of *Start with Why* and *Leaders Eat Last***

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Editorial Review

Amazon.com Review

An Amazon Best Book of August 2015: You may be someone who looks at *Rising Strong* and says, “oh, that’s not really for me....” Translation: I don’t read or need that self-help stuff, give me a good novel and go away. But Brené Brown isn’t a spiritual guru, or someone who’s risen from the ashes to tell us how to live our lives. She’s a researcher. And *Rising Strong* isn’t some feel-good-get-over-it regimen; it’s more investigative reporting on the common denominators of people who whole-heartedly get back up and go another round after getting their asses handed to them in big and small ways. In her straightforward Texan voice, Brown sets the table for us to get curious about life’s sticky moments and invites us to serve ourselves a plate of what she’s learned in over a decade of research. I don’t know about you, but I’m not trying to be famous or come up with a cure that will change the world, I just want to live happily and keep getting back in the arena whether I’ve been rocked on my heels, knocked to my knees, or gone face down in the dirt. For my money, seeing how I can do that better is worth reading about. — *Seira Wilson*

Review

“[Brené Brown’s] research and work have given us a new vocabulary, a way to talk with each other about the ideas and feelings and fears we’ve all had but haven’t quite known how to articulate. . . . Brené empowers us each to be a little more courageous.”—*The Huffington Post*

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About the Author

Brené Brown, PhD, LMSW, is a research professor at the University of Houston Graduate College of Social Work. She is the author of the #1 *New York Times* bestsellers *Daring Greatly* and *The Gifts of Imperfection*, and *I Thought It Was Just Me (but it isn’t)*. She is the founder and CEO of The Daring Way, an organization that brings her work on vulnerability, courage, shame, and worthiness to organizations, schools, communities, and families. Her 2010 TEDx Houston talk, “The Power of Vulnerability,” is one of the top five most-viewed TED talks in the world. Brown lives in Houston, Texas, with her husband and two children.

Users Review

From reader reviews:

Richard Segers:

Do you have favorite book? Should you have, what is your favorite's book? Publication is very important thing for us to find out everything in the world. Each book has different aim or perhaps goal; it means that guide has different type. Some people sense enjoy to spend their time and energy to read a book. They are

reading whatever they consider because their hobby is actually reading a book. Why not the person who don't like studying a book? Sometime, man or woman feel need book after they found difficult problem or maybe exercise. Well, probably you should have this Rising Strong: The Reckoning. The Rumble. The Revolution..

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The book Rising Strong: The Reckoning. The Rumble. The Revolution. will bring one to the new experience of reading a new book. The author style to spell out the idea is very unique. When you try to find new book to learn, this book very suited to you. The book Rising Strong: The Reckoning. The Rumble. The Revolution. is much recommended to you to read. You can also get the e-book through the official web site, so you can more easily to read the book.

Eugene Howard:

People live in this new time of lifestyle always aim to and must have the extra time or they will get great deal of stress from both everyday life and work. So , if we ask do people have free time, we will say absolutely sure. People is human not really a robot. Then we request again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading books. It can be your alternative throughout spending your spare time, the actual book you have read is definitely Rising Strong: The Reckoning. The Rumble. The Revolution..

David Furtado:

The book untitled Rising Strong: The Reckoning. The Rumble. The Revolution. contain a lot of information on it. The writer explains her idea with easy way. The language is very clear to see all the people, so do definitely not worry, you can easy to read the item. The book was written by famous author. The author will bring you in the new era of literary works. You can easily read this book because you can please read on your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site as well as order it. Have a nice examine.

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