



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

*Brené Brown*

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**The #1 *New York Times* bestseller, now in paperback. From thought leader Dr. Brené Brown, a transformative new vision for the way we lead, love, work, parent, and educate that teaches us the power of vulnerability.**

*“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . . who at the best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while **daring greatly**.”*—Theodore Roosevelt

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly. Based on twelve years of pioneering research, Dr. Brené Brown dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage.

Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, *and* the birthplace of love, belonging, joy, empathy, innovation, and creativity. She writes: “When we shut ourselves off from vulnerability, we distance ourselves from the experiences that bring purpose and meaning to our lives.”

*Daring Greatly* is not about winning or losing. It’s about courage. In a world where “never enough” dominates and feeling afraid has become second nature, vulnerability is subversive. Uncomfortable. It’s even a little dangerous at times. And, without question, putting ourselves out there means there’s a far greater risk of getting criticized or feeling hurt. But when we step back and examine our lives, we will find that nothing is as uncomfortable, dangerous, and hurtful as standing on the outside of our lives looking in and wondering what it would be like if we had the courage to step into the arena—whether it’s a new relationship, an important meeting, the creative process, or a difficult family conversation. *Daring Greatly* is a practice and a powerful new vision for letting ourselves be seen.

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