

Summary of Brene Brown > 150

Dr. Brené Brown is a social scientist, researcher, storyteller, and New York Times Bestselling author. A born and bred Texan, she is well known in the social science community with not only her Bestselling novels, but with the TED talks she has given over the years. Her TED talks are some of the most viewed, with over 30 million views. Her five #1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness*, and *Dare to Lead* have led her to immense popularity. Graduating with her PhD from the Graduate College of Social Work at the University of Houston back in 2002, she has completely changed the game for the social science community. She has done ground-breaking research for almost two decades about courage, vulnerability, self-worth, shame, and more. She is currently a research professor for the Graduate College of Social Work at the University of Houston in Texas where she holds the Huffington- Brené Brown Endowed Chair.

Summary of ted talk: the power of vulnerability < 150

The Power of Vulnerability is a TED Talk that Dr. Brené Brown did at TEDxHouston back in 2011. In this talk, she discussed the research she'd done about human connection and the personal quest this took her on. She brings humor and light to topics about how we connect with each other, and how we are able to feel such emotions as empathy, love, and belonging. Even touching on how we, as individuals, have to allow ourselves to be seen in order for connections with others around us to happen. That the power of vulnerability is something to be embraced, not avoided. It is a powerful and poignant discussion about finding out about yourself, and understanding humanity. She has certainly touched other's with this TED Talk, as it is one of the top five most viewed TED Talks in the world, with over 35 million views and counting!

Summary of ted talk: listening to shame < 150

Dr. Brené Brown was back at it again with another TED Talk, this time talking place in 2012. Following the success of her previous talk, The Power of Vulnerability, she chose to follow up on this by taking on another difficult topic that most others shy away from. She discussed shame, attributing it to that of an unspoken epidemic that plagues our society. She takes a head on, yet humorous, approach in this TED Talk by discussing the hidden meanings and secrets behind some of the broken behaviors that we carry with us. She challenges everyone to confront their shame head-on, and explores what happens when they do. The take away message she leaves viewers with is that shame can happen to the best of us, but that it's okay as long as we're embracing our vulnerabilities.

Summary of books: >150 words

1:Dare to Lead: Brave Work. Tough Conversations. Whole Hearts.

In the Bestselling work "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts", Brown talks about what exactly it means to be brave. How is it that you create braver leaders in our society? Can we teach ourselves how to be courageous and lead? In this novel, Brown strips away the ideas the readers has about conventional leadership, stating that it not about the titles, power, status, or money that

should ignite a leader. She discusses who exactly is a true leader, what potential it is that they possess, and how to hone and shape that into a truly brave leader. Supported with researched conducted by some of the top leaders, she gives readers the answers they're searching for, with strategies and real life examples to help them along the way.

2:Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone

“Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone” is another classic bestseller from Brené Brown, this time discussing our meaning of belonging. That it is our culmination of vulnerability, shame, love, courage, and empathy that all roll together into our feelings of belonging. But how exactly can we feel like we belong in a society that we live in today, completely connected and yet disconnected from one another all at the same time? We are often presented with this idea that we are to please and exude perfection in our lives, that we press ourselves into this mold in order to belong. Her argument is that we are all experiencing a spiritual crisis of disconnection at some point in our lives, and offers four practices of belonging that will challenge everything we believe about each others, and even ourselves. True belonging, she states, is personal commitment that we must carry with us.

3:Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead

Brené Brown breaks ground again in her book “Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead”, diving head first into leadership and emotions. What is common between these two things and how are they so powerful together? She listened to a variety of people with completely different backgrounds, from leaders at Fortune 500 companies to parents and asked herself what is was that these people had in common. How were they able to cultivate strong and nurturing relationships, both professionally and personally? She discovered that the answer was their ability to recognize emotions, and just how powerful those emotions can be. She talks about how we as individuals process our emotions, and how through that process we are able to ‘rise strong’ with ourselves. How even when we are faced with struggle, that we can rise strong and cultivate change in our lives, bringing about the revolution that we have been needing.

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

“Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead” delves into what exactly it means to be vulnerable, and how to ‘dare greatly’. Is vulnerability a weakness, or is it just a cultural myth that we have been taught our entire lives by society? Dr. Brene Brown argues that it is, and challenges everything we have ever known about vulnerability. She backs her claims with the twelve years of research she has supporting her. In this book, she attempts to do away with the myths surrounding vulnerability. She argues that it is not a weakness, and that it is in fact the most telling measuring of our courage. This book is a highly inspiring piece that attempts to spark readers to embrace themselves for who they are, vulnerabilities and all.

5:The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

Another work in Brené Brown’s library, “The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are” is an inspiring novel that encourages readers to find and

discover the self love that they truly deserve. It isn't your average self-help book, but instead more of a motivational guide to living your best life. She explores her own path to self discovery and self love through her unique storytelling and original research that she has conducted over the years. It will strike home with any individuals who urn for finding themselves and their own paths, finding Brow's 'guideposts' as a helpful way for them to navigate their own feelings of self-worth and acceptance. This particular book has sold more than two million copies worldwide in more than 30 different languages. A true testament as to the sheer power of Brown's message of self love.