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The rising strong process is (1) the reckoning, as we walk into our story, (2) the rumble, as we own our story, and (3) the revolution as we transform how we live as a result of our story. That's how we can rise strong from our failures. The next several chapters build on that process... Chapter 3: Owning Our Stories

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help you do just that! This is an easy read, Brene boils her research down into universal concepts that anyone can apply to their own lives.

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live to be you," Daring Greatly as learning how to change to a better self and this book is about rising up again after you have dared greatly and fallen.

Rising Strong by Bren é Brown - Goodreads

Vulnerability is not winning or losing; it ' s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it ' s our greatest measure of courage. ” . Bren é Brown, Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead. 98 likes.

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Regardless of magnitude or circumstance, the rising strong process

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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.

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strong after a fall is how we cultivate wholeheartedness.

Rising Strong: How the Ability to Reset Transforms the Way ...  
Rising Strong is an excellent follow-up to Daring Greatly. For those of us beginning to explore our vulnerability, it's a bit of a surprise to discover the supremely uncomfortable highs and lows and new intensity of feeling that accompany vulnerability. Support along the way is a must. You'll find it here. 22 people found this helpful

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