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With Brené Brown's game-changing New York Times bestseller *The Gifts of Imperfection* —which has sold more than 2 million copies in more than 30 different languages, and *Forbes* recently named one of the "Five Books That Will Actually Change Your Outlook On Life" —we find courage to overcome paralyzing fear and self-consciousness, strengthening our connection to the world.

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— 1 likes “It’s important to remember that regardless of what happens during the day, we can go to bed at night and tell ourselves that we are good enough and although we aren’t perfect, we still deserve to be loved. ” — 0 likes

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\*\*Because the nature of the book, this review turned out be more like a summary than a review, and it ended up being much longer than I expected.

Thank you for reading!

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With Brené Brown's game-changing New York Times bestseller *The Gifts of Imperfection* —which has sold more than 2 million copies in more than 30 different languages, and Forbes recently named one of the "Five Books That Will Actually Change Your Outlook On Life" —we find courage to overcome paralyzing fear and self-consciousness, strengthening our connection to the world.

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### **Gifts of Imperfection - Hazelden**

Courage, compassion, and connection are the gifts of imperfection. When you choose to be vulnerable with your shame and imperfection, you allow yourself to experience connection and the gifts of imperfection. Being

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courageous makes the people around us and us better. This ripple effect is powerful when it compounds.

### **The Gifts Of Imperfection by Brene Brown: Book Summary ...**

Brene Brown's unique ability to blend original research with honest storytelling makes reading *The Gifts of Imperfection* like having a long, uplifting conversation with a very wise friend who offers compassion, wisdom, and great advice.' (Harriet Lerner, *New York Times* bestselling author of *The Dance of Anger* and *The Dance of Connection*) --This text refers to an alternate kindle\_edition edition.

### **The Gifts of Imperfection: Let Go of Who You Think You're ...**

The Gifts of Imperfection Quotes  
Showing 1-30 of 634 "We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering

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with trust, respect, kindness and affection.

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Some of the techniques listed in The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are may require a sound knowledge of Hypnosis, users are advised to either leave those sections or must have a basic understanding of the subject before practicing them.

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Brené is the author of The Gifts of Imperfection and I Thought It Was Just Me (but it isn't). She is also the author of Connections, a psychoeducational shame resilience curriculum that is ...

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