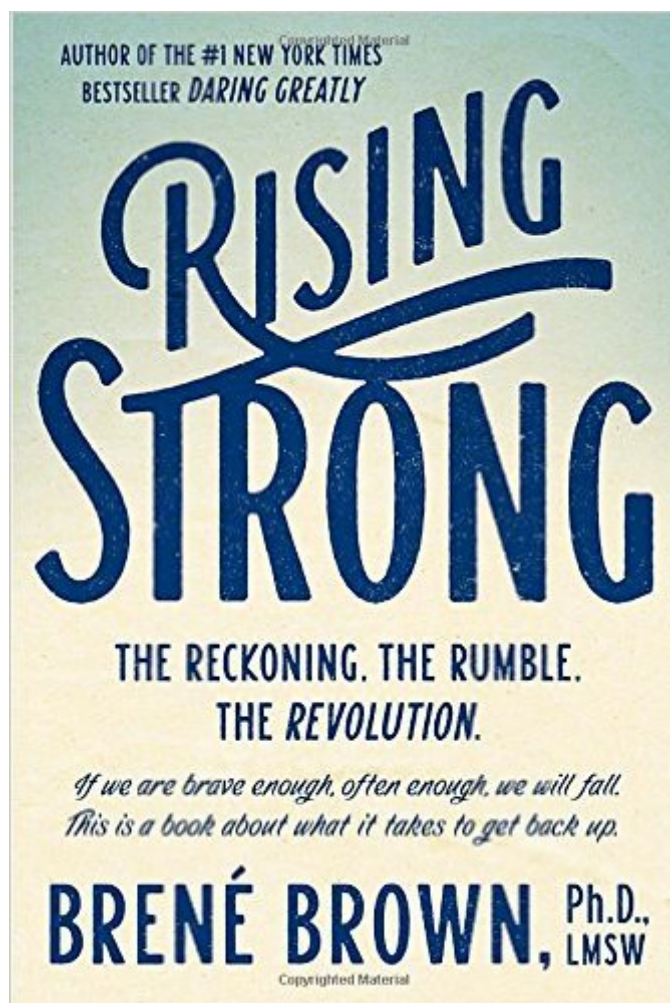


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# Rising Strong: The Reckoning. The Rumble. The Revolution



## Synopsis

**#1 NEW YORK TIMES BESTSELLER** When we deny our stories, they define us. When we own our stories, we get to write the ending. **Â** Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability **â** "the willingness to show up and be seen with no guarantee of outcome" **â** 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. **Â** 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 **â** "from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents" **â** 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 **â** <sup>TM</sup>re not afraid to lean in to discomfort. **Â** 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 **â** <sup>TM</sup>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 **â** <sup>TM</sup>s the process, Brown writes, that teaches us the most about who we are. **ONE OF GREATER GOOD <sup>â</sup> <sup>TM</sup>S FAVORITE BOOKS OF THE YEAR**

## Book Information

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## Customer Reviews

This book definitely works as a standalone piece, but it's meant to build upon her prior works. As Brene shares in the first chapter, the progression of her works is that the first book, <http://www..com/The-Gifts-Imperfection-Supposed-Embrace/dp/159285849X>, has the message "Be you," while the next one, <http://www..com/gp/product/1592408419/>, is a call to "Be all in." This book? "Fall. Get up. Try again." This isn't another book telling you it's okay with fail. No, the assumption is that you have failed or will do so in the not too distant future. What will you do when it's time to get back up? In the author's words, "my goal for this book is to slow down the falling and rising processes: to bring into our awareness all the choices that unfurl in front of us during those moments of discomfort and hurt, and to explore the consequences of those choices." In this book, she uses stories and research, but unlike previous books, many of the stories in this one are her own personal ones. That makes it feel a little less like a book and a little more like an encouraging yet tough-love conversation with a trusted friend or mentor. Truth and Dare: An Introduction This part of the book got me a little nervous, if I'm honest. It was here I realized that this book was all about drilling down deep into the most difficult and uncomfortable moments in our lives, getting honest, and holding ourselves accountable to move forward in the after. I wasn't sure I wanted in on all of that. It seemed hard and dirty and messy and, well, uncomfortable. For starters, she dives into the idea that failure is painful, poignantly pointing out that our celebration of redemption often skips over the real hurts that needed redemption in the first place.

I'm new to Brene Brown, having just read her book *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* six months ago. I had seen her name referenced online, but, before reading that book, had never watched her popular TED Talk or seen any of her television appearances; however, I was drawn to *The Gifts* because the book's focus on coming to terms with one's sense of vulnerability and imperfection appealed to me. Having learned a lot about myself and about self-acceptance through reading that book, I was excited to be able to get an advance copy of her newest book, *Rising Strong*. Whether you're a new acquaintance of Brown's or an old friend, this book should resonate with you if you've struggled to

get on your feet again after a fall -- and, indeed, that seems to include just about all of us. In her introduction to the book, Brown explains that the idea for this book had been in her mind for a few years, even while writing her previous two books. Letters and emails from her readers asking her how to survive serious setbacks made her aware of the need for a book that would help people when they seemed to be at their lowest. As she states, "These 'facedown' moments can be big ones like getting fired or finding out about an affair, or they can be small ones like learning a child has lied about her report card or experiencing a disappointment at work" (xxi). Brown's goal in this book is to provide a process that "gives us language and a rough map that will guide us in getting back on our feet" (xxviii).

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