Record Nr. UNINA9910150491303321 Autore Ltd Bokish **Titolo** A Joosr Guide to \$\pmu\pmax2026\$; Daring Greatly by Brene Brown: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead Hove,: Bokish Ltd, 2015 Pubbl/distr/stampa **ISBN** 1-78567-084-0 Descrizione fisica 1 online resource (23 p.) Disciplina 158 Soggetti Assertiveness (Psychology) Courage Psychology Risk Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Copyright Page: Contents; What's it about?; Vulnerability is not the Nota di contenuto same thing as weakness; People struggle with shame because they feel unworthy; We hide from vulnerability behind shields and masks; You must understand and defeat shame in order to embrace vulnerability: Honest, regular feedback can get rid of shame and blame; Disengagement occurs when we don't practice what we preach; Final summary: Now read the book In today's fast-paced world, it's tough to find the time to read. But Sommario/riassunto with Joosr guides, you can get the key insights from bestselling nonfiction titles in less than 20 minutes. Whether you want to gain knowledge on the go or find the books you'll love, Joosr's brief and accessible eBook summaries fit into your life. Find out more at joosr. com. How many times has fear prevented you from pursuing your hopes and dreams? Discover why vulnerability is actually a good thing, and how embracing your imperfections can help you dare to take

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