

1. Record Nr.	UNINA9910953655103321
Autore	(Braun) (Brene)
Titolo	
Pubbl/distr/stampa	Kharkiv : , : Glagoslav Distribution, , 2016 ©2016
ISBN	9786171220812 6171220817
Edizione	[1st ed.]
Descrizione fisica	1 online resource (302 pages)
Soggetti	Interpersonal relations Emotional intelligence
Lingua di pubblicazione	Ukrainian
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- -- -- 1. -- 2. -- -- -- -- : -- : -- -- 3. -- -- -- -- 4. -- -- -- : ' -- -- 5/ -- -- ... -- -- 6. -- -- -- -- 7. -- -- -- -- 8. -- -- -- -- 9. -- -- -- -- 10. , -- -- -- -- -- 11. -- : -- -- -- --

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Daring Way» -- : --
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Sommario/riassunto

This book by Brené Brown explores the importance of vulnerability and courage in personal growth and developing meaningful connections. Drawing from her extensive research in social work and grounded theory, Brown argues that embracing vulnerability leads to greater love, commitment, and joy. She emphasizes the value of qualitative research and diverse sources of knowledge, including scientific studies, personal stories, and artistic expressions. The book targets individuals seeking to understand the complexities of emotions and relationships, offering insights into how the process of recovering from emotional setbacks strengthens one's values and authenticity.
