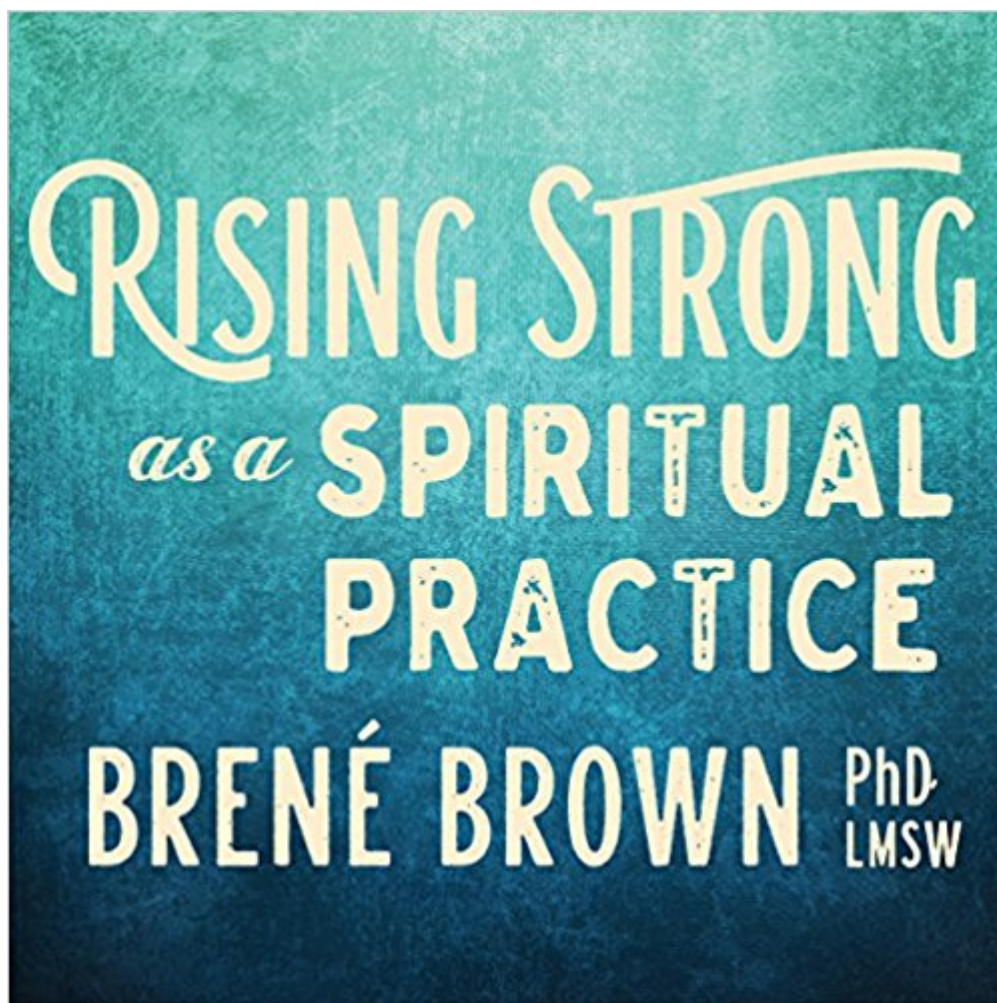




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# Rising Strong As A Spiritual Practice



## Synopsis

**Spirituality & How It Makes Us Stronger** With her previous bestsellers, Dr. Brené Brown helped us realize that vulnerability is the birthplace for trust, courage, joy, creativity, and love. Yet a willingness to be vulnerable means accepting that life will sometimes knock us down. Where do we find the strength to get back up? In her research on resilient people, Brené discovered a key factor. “Without exception,” she says, “the concept of spirituality emerged from the data as a critical component of resilience and overcoming struggle.” On **Rising Strong as a Spiritual Practice**, Brené offers an in-depth exploration of this key aspect of wholehearted living, including:

- The spiritual dimension of the Rising Strong process: the Reckoning, the Rumble, and the Revolution
- A sense of belonging
- how spirituality encourages us to be ourselves instead of trying to change in order to fit in
- Why the sense of perspective provided by a spiritual practice helps us find meaning and purpose
- “Are we doing the best we can?”
- How faith in humanity can help us become more compassionate and less judgmental
- Why the spiritual understanding of death and rebirth are invaluable in the process of forgiveness

On **Rising Strong as a Spiritual Practice**, Brené defines spirituality as something not reliant on religion, theology, or dogma—rather, it is a belief in our interconnectedness and in a loving force greater than ourselves. Whether you access the sacred through traditional worship, solitary meditation, communion with nature, or creative pursuits, one thing is clear: cultivating your own approach to spirituality gives you an irreplaceable resource to help you persevere through hard times and arise stronger and wiser than before.

## Book Information

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## Customer Reviews

PhD, LMSW Brené Brown, PhD, LMSW is a research professor at the University of Houston's Graduate College of Social Work who has spent the past 10 years studying vulnerability, courage, authenticity, and shame. She is a nationally renowned speaker and has won numerous teaching awards, including the college's Outstanding Faculty Award. Her groundbreaking work has been featured on PBS, NPR, and CNN. Her 2010 TEDxHouston talk on the power of vulnerability is one of most watched talks on TED.com. Her most recent TED talk, "Listening to Shame," was released in March 2012. 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 being facilitated across the nation by mental health and addiction professionals. Brené's current research focuses on wholeheartedness in families, schools, and organizations. She lives in Houston with her husband and their two young children.

Brené Brown NEVER disappoints! She keeps breaking new ground.

Checked out the cds of both "Rising Strong" and "Rising Strong as a Spiritual Practice" from a local library as I prepared for a trip. While both are great, I am enjoying the Spiritual Practice framing and style even more than the book. A bit more down-to-earth and a less-filtered, less-polished approach which is amazing. She weaves in information and examples not found in Rising Strong, offering solid examples along with research. As always, Brené has an amazing sense of humor which helps humanize difficult conversations and concepts. She also offers tidbits of her upcoming projects, which are really exciting and I look forward to sharing both with my family and with those who attend my workshops. Love her candor of "embrace the suck" as she talked about feeling the discomfort of knowing her daughter would be leaving to college soon.

Love these!

Very downhome and approachable presentation and discussion of the principles and application of rising strong. Listened to it start to finish during a road trip. It gave me hope and made me laugh. In addition to helping me move through some ongoing personal stuff (rumbling through grief) it also

helped paint a picture of how important the palette of emotions are in these polarizing times. Nicely done and strongly recommended!

This was recommended to me, I've now listened to it several times...every time I gain another nugget of wisdom. Totally worth purchasing.

Love the cd...

Brene' Brown once again presents "data within a story". Her candor, humor and competence are front and center! Great to listen to the whole set on long road trips.

I am a very big Brene Brown fan and was delighted to find this audio (recent release). I think you'd get a lot out of it even if you hadn't been a long-time follower of hers.

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