



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

By Brené Brown



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#1 NEW YORK TIMES BESTSELLER • When we deny our stories, they define us. When we own our stories, we get to write the ending.

Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—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.

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—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—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're not afraid to lean in to discomfort.

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'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's the process, Brown writes, that teaches us the most about who we are.

ONE OF GREATER GOOD'S FAVORITE BOOKS OF THE YEAR

Praise for *Rising Strong*

“[Brené Brown’s] research and work have given us a new vocabulary, a way to

talk with each other about the ideas and feelings and fears we've all had but haven't quite known how to articulate. . . . Brené empowers us each to be a little more courageous.”—*The Huffington Post*

“With a fresh perspective that marries research and humor, Brown offers compassion while delivering thought-provoking ideas about relationships—with others and with oneself.”—*Publishers Weekly*

“It is inevitable—we will fall. We will fail. We will not know how to react or what to do. No matter how or when it happens, we will all have a choice—do we get up or not? Thankfully, Brené Brown is there with an outstretched arm to help us up.”—**Simon Sinek, author of *Start with Why* and *Leaders Eat Last***

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Editorial Review

Amazon.com Review

An Amazon Best Book of August 2015: You may be someone who looks at *Rising Strong* and says, “oh, that’s not really for me....” Translation: I don’t read or need that self-help stuff, give me a good novel and go away. But Brené Brown isn’t a spiritual guru, or someone who’s risen from the ashes to tell us how to live our lives. She’s a researcher. And *Rising Strong* isn’t some feel-good-get-over-it regimen; it’s more investigative reporting on the common denominators of people who whole-heartedly get back up and go another round after getting their asses handed to them in big and small ways. In her straightforward Texan voice, Brown sets the table for us to get curious about life’s sticky moments and invites us to serve ourselves a plate of what she’s learned in over a decade of research. I don’t know about you, but I’m not trying to be famous or come up with a cure that will change the world, I just want to live happily and keep getting back in the arena whether I’ve been rocked on my heels, knocked to my knees, or gone face down in the dirt. For my money, seeing how I can do that better is worth reading about. — *Seira Wilson*

Review

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About the Author

Brené Brown, PhD, LMSW, is a research professor at the University of Houston Graduate College of Social Work. She is the author of the #1 *New York Times* bestsellers *Daring Greatly* and *The Gifts of Imperfection*, and *I Thought It Was Just Me (but it isn’t)*. She is the founder and CEO of The Daring Way, an organization that brings her work on vulnerability, courage, shame, and worthiness to organizations, schools, communities, and families. Her 2010 TEDx Houston talk, “The Power of Vulnerability,” is one of the top five most-viewed TED talks in the world. Brown lives in Houston, Texas, with her husband and two children.

Users Review

From reader reviews:

James Bass:

Book is usually written, printed, or descriptive for everything. You can recognize everything you want by a e-book. Book has a different type. As it is known to us that book is important factor to bring us around the world. Close to that you can your reading expertise was fluently. A guide *Rising Strong: The Reckoning.*

The Rumble. The Revolution. will make you to possibly be smarter. You can feel considerably more confidence if you can know about every thing. But some of you think this open or reading any book make you bored. It is not make you fun. Why they could be thought like that? Have you looking for best book or suitable book with you?

James Ames:

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Paul Andrews:

As we know that book is significant thing to add our know-how for everything. By a book we can know everything we would like. A book is a list of written, printed, illustrated as well as blank sheet. Every year ended up being exactly added. This guide Rising Strong: The Reckoning. The Rumble. The Revolution. was filled regarding science. Spend your time to add your knowledge about your research competence. Some people has diverse feel when they reading some sort of book. If you know how big advantage of a book, you can experience enjoy to read a book. In the modern era like now, many ways to get book that you just wanted.

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