



The Gifts of Imperfection: Summary of the Key Ideas - Original Book by Brené Brown: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

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Brené Brown is a so-called shame expert and in this book, she shares some guideposts for wholehearted living. She tells us that we need to cultivate courage, compassion and connection in order to feel better about ourselves and realize that we are all worthy of love and belonging.

Who should read this book:

- Anyone wanting to learn more about shame and the concept of Wholeheartedness.
- People trying to change their lives and find joy.
- People who want to learn how to feel better about themselves.

In this summary:

Chapter 1: We need courage, compassion and connection to achieve a wholehearted lifestyle

Chapter 2: Love and belonging are basic desires that can help us appreciate our worthiness

Chapter 3: To get rid of perfectionism, we need to practice shame resilience

Chapter 4: Rather than numbing emotions, we should accept failure and learn from it

Chapter 5: A feeling of scarcity can restrict happiness and joy

Chapter 6: Play is essential and needs to be integrated into our lives

Chapter 7: Calm and stillness can help us become more aware of anxiety

Chapter 8: Emotions that can bring joy are often suppressed by the fear of becoming too vulnerable

Chapter 9: Embracing ourselves starts with believing that we are good enough and worthy of love

Chapter 10: Final Summary

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