

Braving The Wilderness The Quest For True Belonging And The Courage To Stand Alone

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Social scientist Bren é Brown, PhD, LMSW has sparked a global conversation about the experiences that bring meaning to our lives — experiences of courage, vulnerability, love, belonging, shame and empathy. In Braving the Wilderness, Brown redefines what it means to truly belong in an age of increased polarisation. With her trademark mix of research, storytelling and honesty, Brown will again change the cultural conversation while mapping out a clear path to true belonging.

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Braving the Wilderness: The quest for true belonging and ...

Several years ago, I read Braving the Wilderness by Brené Brown. In my quest for continual self-growth, inspiration and motivation during challenging moments in life, this book and its messages have been a blessing and created a platform for me to share with others the idea of braving our own, internal " wilderness ". A

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