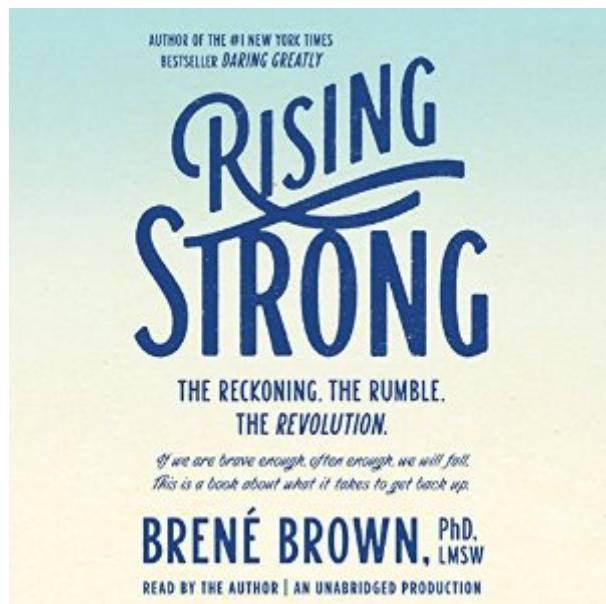


The book was found

Rising Strong



Synopsis

The physics of vulnerability is simple: If we are brave enough often enough, we will fall. The author of the number-one New York Times best sellers *Daring Greatly* and *The Gifts of Imperfection* tells us what it takes to get back up and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending. Struggle, Brené Brown writes, can be our greatest call to courage and rising strong our clearest path to deeper meaning, wisdom, and hope.

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Customer Reviews

This book definitely works as a standalone piece, but it's meant to build upon her prior works. As Brene shares in the first chapter, the progression of her works is that the first book, <http://www..com/The-Gifts-Imperfection-Supposed-Embrace/dp/159285849X>, has the message "Be you," while the next one, <http://www..com/gp/product/1592408419/>, is a call to "Be all in." This book? "Fall. Get up. Try again." This isn't another book telling you it's okay with fail. No, the assumption is that you have failed or will do so in the not too distant future. What will you do when it's time to get back up? In the author's words, "my goal for this book is to slow down the falling and rising processes: to bring into our awareness all the choices that unfurl in front of us during those moments of discomfort and hurt, and to explore the consequences of those choices." In this book, she uses stories and research, but unlike previous books, many of the stories in this one are her own personal ones. That makes it feel a little less like a book and a little more like an encouraging

yet tough-love conversation with a trusted friend or mentor. *Truth and Dare: An Introduction* This part of the book got me a little nervous, if I'm honest. It was here I realized that this book was all about drilling down deep into the most difficult and uncomfortable moments in our lives, getting honest, and holding ourselves accountable to move forward in the after. I wasn't sure I wanted in on all of that. It seemed hard and dirty and messy and, well, uncomfortable. For starters, she dives into the idea that failure is painful, poignantly pointing out that our celebration of redemption often skips over the real hurts that needed redemption in the first place. We're guilty of "gold-plating grit," she writes, as we make failure seem fashionable without acknowledging the inherent desperation, shame, and dismay. Then enters my favorite Brené®ism from this book: "the [awesome] deficit." What we need - and lack - is "a critical mass of [awesome people] who are willing to dare, fall, feel their way through tough emotion, and rise again" instead of just glossing over the pain or stuffing it down deep or taking it out on other people. (The bracketed word above isn't what she wrote, but 's review guidelines won't publish a review with the real word. It's bad plus a synonym for donkey.)

Chapter 1: The Physics of Vulnerability Here, vulnerability is presented as courage rather than weakness. Just as I remember the laws of physics from high school, Brené® offers a new twist: if we are brave enough often enough, we will fall. That's what the physics of vulnerability is. Being brave and falling changes us for the better, while the individual path can be isolating and the need to ask for help challenging. As she writes about our being wired for story, I couldn't help but think of two powerful books (both from a Christian perspective, FYI, in case that's not your thing): Nish Weiseth's <http://www..com/Speak-Your-Story-Change-World/dp/0310338174/> and Annie Down's <http://www..com/Lets-All-Be-Brave-Everything/dp/031033795X>. The most powerful point from this chapter, though, is that comparative suffering is detrimental: hurt is hurt, and love is needed in response without ration.

Chapter 2: Civilization Stops at the Waterline The title of this chapter comes from a Hunter S. Thompson quote. But the waterline is also a call to a powerful story Brené® uses to open this chapter, about her husband and a morning swim and a vulnerable conversation for both of them. Then she lays out a story-telling paradigm - borrowed from Pixar - to apply to our lives in how we deal with the conflict parts in our real-life stories. This is where the meat of the book emerges. The rising strong process is (1) the reckoning, as we walk into our story, (2) the rumble, as we own our story, and (3) the revolution as we transform how we live as a result of our story. That's how we can rise strong from our failures.

The next several chapters build on that process...

Chapter 3: Owning Our Stories This is where Brene challenges us as readers to accept or turn down the invitation to own our stories, rather than minimizing, compartmentalizing, hiding, or editing them. Owning our stories also means we're not defined by them or denying them. They are

ours. Then to do so, the three steps begin...Chapter 4: The ReckoningAs we reckon our stories, BrenÃ© pushes readers to feel and recognize our emotions and then get curious enough about them to dig a little deeper. Doing so, she writes, keeps us from offloading our hurts in a variety of unproductive ways: lashing out our hurts, bouncing our hurts away as if they don't matter, numbing our hurts through one or more methods, stockpiling our hurts by keeping everything inside, or getting stuck in our hurt. In this chapter, she also offers amazing strategies for reckoning with emotion, and I know I'll botch them if I even attempt to summarize them.

Chapter 5: The RumbleIn this chapter, we reexamine our stories, diving deeper to mine for truths, including errors in our own first retelling of the failure tale.

Chapter 6: Sewer Rats and ScofflawsThis chapter takes the rumble a bit further with discussions of boundaries, integrity, and generosity.

Chapter 7: The Brave and the BrokenheartedThis chapter as a whole is too meaty to succinctly summarize in this review beyond the subtitle: "rumbling with expectations, disappointment, resentment, heartbreak, connection, grief, forgiveness, compassion, and empathy." On a personal note, my heart jumped and then sank and then fluttered when I got to this chapter. For reasons not relevant to this review, I'm finding myself to be the brave and brokenhearted this week, and it's hard. I saw the title and my heart jumped as I thought, This is the one for me, my current faceplant situation. Then I read the subtitle and my heart sank as I thought, But BrenÃ© isn't going to make this easy, because it isn't easy and I'm sure there aren't shortcuts, plus she's been telling me to feel and I don't really want to right now. Finally, my heart fluttered, knowing this was part of my rumbling. I needed to drive forward to rise strong.

Chapter 8: Easy MarkThis chapter continues to expand on the concept of the rumble - which makes sense, because BrenÃ© states in chapter 2 that the second day/stage/point is the most important in the process. In her reckoning-rumbling-revolution paradigm, then, it makes sense to dissect rumbling the most. This chapter's subtitle also describes much of the content: "rumbling with need, connection, judgment, self-worth, privilege, and asking for help."

Chapter 9: Composting FailureIn this chapter, BrenÃ© dives deeper once more into the rumble, this time with the subtitle: "rumbling with fear, shame, perfectionism, accountability, trust, failure, and regret."

Chapter 10: You Got To Dance With Them That Brung YouYep, another dive deep chapter on rumbling, this time "rumbling with shame, identity, and nostalgia." This one had a lot of gut punch for me, and BrenÃ© - at the risk of looking like a brat - shared a vulnerable story that helped me get vulnerable with myself in return in much needed ways.

Chapter 11: The RevolutionThe revolution is what comes after the rumbling. It's the act of rising strong, but it can't be done before all the prior work. Revolution is the act of intentionally choosing authenticity and worthiness as an act of resistance in this world. With this the last chapter, BrenÃ© closes it out with a poem by Nayyirah Waheed, ending with "we are

rising strong."This book is a bold call to fall, get up, and try again. May we all rise strong.

I have loved Brene Brown's books but this one didn't resonate. Too many personal anecdotes and examples that didn't apply. I got tired of her "cussing" and while I appreciate that she's proud of being from Texas, a list of why she's a Texan didn't apply to this book. I felt it was something that would have worked better on her blog. Brown's other personal examples of people around her "making up" things, her hatred of some poor woman she had to room with at a conference, and her drawn out story about a vulnerable moment with her husband seemed like a stretch she used to try and illustrate a point. They fell short. The same is true for the "from the research" stories she told. They were long, drawn out, and overly forced to fit into her point. This PAINS ME to say this, because I have loved just about everything else she's done or written. In fact, I'd probably give this two stars if it wasn't her. I appreciate this effort but it really seemed like she didn't have enough material to make this book a helpful, practical reference. If you're looking to really "rise strong" and start again I would recommend *Daring Greatly* instead.

Brown has some interesting ideas about getting back up after a face-plant, but the prose is so jargon-y it's difficult to figure out exactly what she's trying to say. The book attempts to lay out a 3-part "Rising Strong Practice," but there are so many sub-parts and meant-to-become-buzzworthy phrases that I found myself wondering what exactly she's pitching, other than ongoing curiosity about one's emotions.

I'm new to Brene Brown, having just read her book *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* six months ago. I had seen her name referenced online, but, before reading that book, had never watched her popular TED Talk or seen any of her television appearances; however, I was drawn to *The Gifts* because the book's focus on coming to terms with one's sense of vulnerability and imperfection appealed to me. Having learned a lot about myself and about self-acceptance through reading that book, I was excited to be able to get an advance copy of her newest book, *Rising Strong*. Whether you're a new acquaintance of Brown's or an old friend, this book should resonate with you if you've struggled to get on your feet again after a fall -- and, indeed, that seems to include just about all of us. In her introduction to the book, Brown explains that the idea for this book had been in her mind for a few years, even while writing her previous two books. Letters and emails from her readers asking her how to survive serious setbacks made her aware of the need for a book that would help people

when they seemed to be at their lowest. As she states, "These 'facedown' moments can be big ones like getting fired or finding out about an affair, or they can be small ones like learning a child has lied about her report card or experiencing a disappointment at work" (xxi). Brown's goal in this book is to provide a process that "gives us language and a rough map that will guide us in getting back on our feet" (xxviii). She also explains that the progression of her books is like this: * *The Gifts of Imperfection* -- Be you. * *Daring Greatly* -- Be all in. * *Rising Strong* -- Fall. Get up. Try again. Although she maps out this progression in her introduction, you definitely don't need to have read her previous two books in order to read *Rising Strong*. I haven't read *Daring Greatly* (although I now plan to), and that didn't stop me from fully processing this new book. Since it isn't currently showing the "Look Inside" feature for this book, I also wanted to provide an overview of the main chapters so you can see what to expect: * A Note on Research and Storytelling Methodology * Introduction: Truth and Dare * Chapter 1: The Physics of Vulnerability * Chapter 2: Civilization Stops at the Waterline * Chapter 3: Owning Our Stories * Chapter 4: The Reckoning * Chapter 5: The Rumble * Chapter 6: Sewer Rats and Scofflaws * Chapter 7: The Brave and Brokenhearted * Chapter 8: Easy Mark * Chapter 9: Composting Failure * Chapter 10: You Got to Dance with Them that Brung You * Chapter 11: The Revolution Whereas *The Gifts* was organized in terms of ten "Guideposts" to meditate and then act upon in your life, this new book is organized differently. Essentially, Brown sets out the three steps in what she calls "the Rising Strong Process" -- The Reckoning, The Rumble, and The Revolution -- and, after explaining The Reckoning and The Rumble stages each in its own chapter, she goes on to provide stories and examples in subsequent chapters of how to work through those stages. The Revolution step gets its own chapter at the very end of the book, as a way to understand how to incorporate Brown's principles into our lives. If you're familiar with Brown's previous works, you'll know that she includes many stories and examples in her work, and she does so here, too, along with including more of her own personal experiences. She also supports her theories and ideas with data and research, skillfully melding both qualitative and quantitative research. It's a strategy that helps her work speak to both the heart and the mind. As I mentioned at the start of my review, *The Gifts of Imperfection* has helped me greatly in terms of thinking about being wholehearted and worthy now, and the focus on both small and larger setbacks in *Rising Strong* has given me an effective model for overcoming the obstacles in the road ahead. I highly recommend it.

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