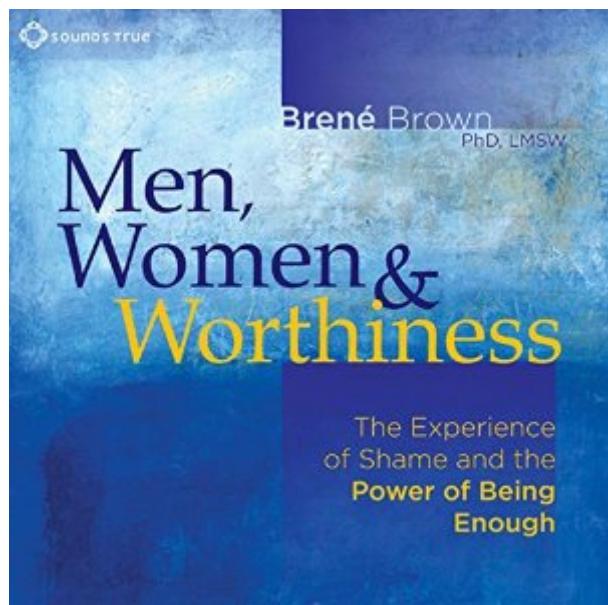


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# Men, Women And Worthiness: The Experience Of Shame And The Power Of Being Enough



## Synopsis

We Are Enough: Engaging with the World from a Place of Worthiness What does it take to be secure in our sense of belonging and self-worth? We may hustle to attain this security through achievements, meeting expectations, or repeating affirmations to ourselves - but Dr. Brené Brown's research has shown there is ultimately one obstacle to our sense of worthiness. "Shame is the barrier," she teaches, "and building shame resilience is how we overcome it." With Men, Women, and Worthiness, Dr. Brown draws upon more than 12 years of investigation to reveal how we can disarm the influence of shame to cultivate a life of greater courage, joy, and love. In this rich and heartfelt examination of this pivotal element of happiness, she invites you to explore: The differences and similarities between the experience of shame for men and women. Guilt vs. shame - why one is a useful force for growth, while the other keeps us small. The four elements of shame resilience - identifying our triggers, practicing critical awareness, sharing our story, and speaking honestly about shame. Empathy as the primary antidote to shame. "Whether you are a man, woman, or child, every one of us has the irreducible need for love and belonging," Dr. Brown teaches. "A sense of self-worth, unhindered by the inner voices of shame, allows us to meet that need." With the warmth, candor, and humor that has made her a celebrated speaker, Brené Brown offers a road map for navigating the emotions that hold us back-so we can cultivate a life of authenticity and connection.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 14 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: May 31, 2013

Language: English

ASIN: B00D4APD3M

Best Sellers Rank: #10 in Books > Self-Help > Emotions #13 in Books > Politics & Social Sciences > Social Sciences > Social Work #18 in Books > Health, Fitness & Dieting > Mental Health > Emotions

## Customer Reviews

Brene Brown is one of the smartest people I've listened to and when I got a hold of this audio-book

production of hers, I couldn't put it down until I was done. I literally laughed and cried and nodded through most of it. If you've done any work (or feel ready to) on your own shame and sense of worthiness, I can't think of a more gentle, empowering, engaging way to open that box of worms than this recording.

I've listened to dozens and dozens of audio works and this is one of the most enjoyable, useful, joy filled, educational and life changing I've heard. Brene Brown is so busy being normal, vulnerable and one of us that you instantly feel a rapport and are eager to hear what she has to say. If you are thrown by the word "shame" Brown helps us realize how it insidiously haunts each of our lives. I'm on my second listen and I continue to get one revelation after another - not to mention a feeling of freedom that I hadn't experienced before. I recommend this to anyone who is living and breathing - it's going to be my gift to my family and friends this year.

Brene Brown has hit a home run with this one! There are 2 CD's, and each one takes about an hour to listen to - well worth your time! We all feel varying degrees of "shame" or feeling "less than" in our lives! We all have things that trigger these feelings. Do you ever feel like you're not enough? Do you ever feel like you're hustling to get approval or to fit in? Brene openly and honestly talks about these feelings, sharing personal stories, and it's easy to see how we all experience these emotions in varying degrees; it's part of being human! The key is to recognize these feelings for what they are, become aware of what our individual triggers are, and to learn how to respond and deal with them in a constructive way. Feelings of shame often lead to a vicious cycle of blame and judgment. And, of course, men and women have different triggers and different ways of handling them - it was truly eye-opening to see the differences and gain insight into this! This is a way to break the cycle, feel better about yourself and learn to thrive and be happier. She gives lots of examples, has great empathy and humor, and I can't recommend these CD's enough. This was a major "aha" moment for me!

Concise, relevant, and coaching in an easy and amusing way! Identifies results from research about characteristics and effects of shame (i.e. not good enough), and the differences for men and women. Most importantly, describes strategies for "shame resilience", something we all can use!

So far I have been impressed with everything I've heard and read from Brene Brown. She has really done a ton of research on shame and how it impacts our lives and our relationships. We pass so

much down to our children and the cycles become worse. She teaches how to identify it and gives tools to deal with it and move out of the negative effects of shame. I feel her information is powerful and can help us identify and break through our own bad habits (many of which are passed down). I highly recommend it and have bought extra copies for family members and loved ones, I think this info is incredible.

Brene has some insights that helped me get through some hard times. I watched her TED video a year ago but it didn't grab me at that time. I watched it again and it really resonated for me. I just needed to be ready for her message to take hold in my life. Thank you Brene for your research and soul searching, it has helped me be more vulnerable and wholehearted.

I really like the author. It is read by her, and it is as though she is talking with you. Very interesting! I have been reading all of her books. I am a therapist and many people deal with these issues. I hope to go to some of her workshops but until then... I will continue listening and reading her books.

This study in shame is life changing! She really makes me think about my reactions to people and where my anger comes from. I highly recommend it.

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