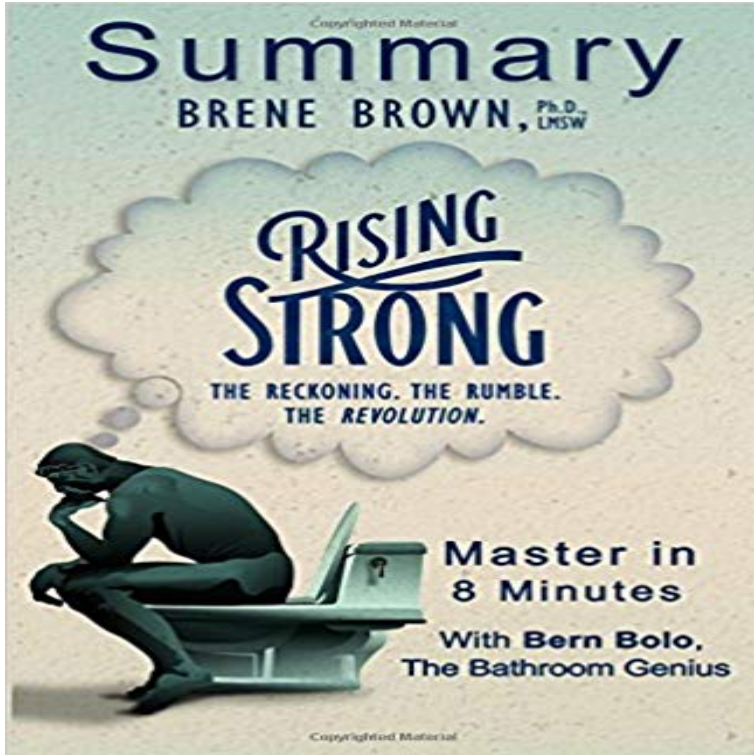


## An 8-minute summary Of Rising Strong: The Reckoning, The Rumble, The Revolution



Rising Strong: by Brene Brown PLEASE NOTE: This is a summary of the and NOT the original book ??Forgive and forget - as many people say you should do. But forgetting the pain does not mean healing it. And it will come back time and again. ?Failure is painful, yes, especially when you dont invest time to learn from it and take it as a challenge and an advantage. Blaming yourself or somebody else will not do you any good either. It will only bring you more pain. Take the time to learn from your mistakes and choose to see them as opportunities to become better. Rethink all those failures youve experienced and make sure you do things differently next time. Its only then can you proudly say that youve learned from your mistakes. Maybe youre asking why you should go through your mistakes again and relive all the pain. Yes, the process will be painful at first but rest assured, it will be extremely rewarding and totally worth it with the help ofDr. Brene Browns Rising Strong. As you have learned to accept yourself through gifts of imperfection and show your vulnerability through Daring Greatly, giveRising Stronga chance to teach you how to genuinely overcome your failures and learn from it. JoinDr. Brene Brownas she zooms into every disappointment and mistake shes made in her life. In doing so, she will take you into the very heart of your own pain. As excruciating as it is, it is the only way to get to the truth and help you rise again. A preview of what youll learn: \* How to look at yourself with a kind eye and learn to forgive yourself from the past mistakes youve made. \* Know that through self-forgiveness, you can liberate your true personality and talents. You will be surprised at how much you can accomplish. \* Know that every person is a mistake-maker and mistake-breaker, and learn to use this knowledge to rise above your mistakes and use them as inspiration for improvement. Why you MUST READ

this summary? Because Dr. Brene Brown has helped thousands of people express their genuine self and show their vulnerability so they can accept themselves. Now, she has a new call: to help you delve into the heart of every unfortunate incident you've experienced and learn from it. Everyone makes mistakes. Everyone has experienced loss, heartbreak, disappointment, and shame. Yet, only very few people know how to deal with them. Most of us just choose to forget instead of forgiving ourselves for our mistakes because we do not want to remember and experience the pain again. It is unpleasant and terrifying, but it is the way to forgiveness, understanding, and freedom. It will allow you to become your best possible version and will help you learn to stand back up after every fall. Download your copy now! And discover how to forgive, accept, and look at yourself with kind eyes. Bern Bolo The Bathroom Genius  
Keywords: Rising Strong, brene brown rising strong kindle, BrenE Brown, rising strong summary, Emotions and Mental Health brene brown

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