



# The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

By Brene Brown

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## The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are By Brene Brown

New York Times best-selling author and professor Brené Brown offers a powerful and inspiring book that explores how to cultivate the courage, compassion, and connection to embrace your imperfections and to recognize that you are enough.

Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we'd no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, What if I can't keep all of these balls in the air? Why isn't everyone else working harder and living up to my expectations? What will people think if I fail or give up? When can I stop proving myself? In *The Gifts of Imperfection*, Brené Brown, PhD, a leading expert on shame, authenticity and belonging, shares what she's learned from a decade of research on the power of Wholehearted Living--a way of engaging with the world from a place of worthiness. In her ten guideposts, Brown engages our minds, hearts, and spirits as she explores how we can cultivate the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough, and to go to bed at night thinking, Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging.

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### Editorial Review

#### From Publishers Weekly

Brown, author of *I Thought It Was Just Me* (but it isn't), again urges us to expose and expel our insecurities in order to have the most fulfilling life possible. Her latest is a guidebook for pilgrims on the journey to wholehearted living, which she defines as containing courage, compassion, deliberate boundaries, and connection. She has defined 10 guideposts for personal introspection, which involve cultivating some positive quality, whether it be authenticity, self-compassion, or a resilient spirit, intuition, meaningful work, or laughter. Each guidepost is the focus of a chapter that contains illustrative stories, primarily from her own life; definitions, including the difference between shame and guilt; quotes from such diverse sources as Diane Ackerman and E.E. Cummings; and brief suggestions of activities that she pursues with the assumption that they might help her audience. Although these activities are highlighted in her introduction to the book, they are in short supply and the book functions more as a chatty meditation on the guideposts. Despite occasional moments of insight, this book's primary value may be in spurring thought and providing references to other authors that will provide further inspiration for those seeking a more meaningful life. (Oct.)

#### From Booklist

Human-behavior researcher and author of *I Thought It Was Just Me* (2007), Brown has made a career out of studying difficult emotions such as fear and shame. In this latest book, she emphasizes that above all other ingredients of living an emotionally healthy life is the importance of loving ourselves. In the grips of what she took to be a breakdown, or midlife crisis, Brown came to understand she was experiencing a "spiritual awakening" and worked to explore its significance and the interaction of knowing and understanding yourself and loving yourself. She intersperses her own personal journey with research and clinical observations of others of the work of living a "wholehearted" life, or "engaging in our lives from a place of worthiness." The point is to embrace life and oneself with all the imperfections, releasing the stress of overdoing and overworking. Brown offers exercises for readers to plumb their own emotions and begin to develop the kind of resilience needed to stand up to unrealistic expectations of others and ourselves. --  
Vanessa Bush

#### Review

'Brown... urges us to expose and expel our insecurities in order to have the most fulfilling life possible. Her latest is a guidebook for pilgrims on the journey to wholehearted living, which she defines as containing courage, compassion, deliberate boundaries, and connection.'

—Publishers Weekly

*(Publisher's Weekly)*

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### **George Hoffman:**

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