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THE POWER OF VULNERABILITY  
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results, Study Guide: The Power of

Vulnerability by Brene Brown (TED) Online

Video:

[www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html)

Study guide compiled by Tim

Tedder, LMHC, NCC |

[CurrentsCounseling.com](http://CurrentsCounseling.com), Her 2010

TEDxHouston talk on the power of

vulnerability is one of most watched talks on

TED.com, with approximately 5 million views.

In groups of three over lunch, begin to

discuss these discussion points., answer that

the way to live is with vulnerability and to

stop controlling and predicting. This led to a

little breakdown -- (Laughter) -- which

actually looked more like this., On The Power

of Vulnerability, Dr. Brown offers an invitation

and a promise-that when we dare to drop the

armor that protects us from feeling

vulnerable, we open ourselves to the

experiences that bring purpose and meaning

to our lives., What underpinned this shame,

this "I'm not good enough," "which, we all

know that feeling: "I'm not blank enough. I'm

not thin enough, rich enough, beautiful

enough, smart enough, promoted enough."

The thing that underpinned this was

excruciating vulnerability., 1 The Power of

Vulnerability The books we are using for this

series are The Gifts of Imperfection and

Daring Greatly, both by Brene Brown. If you

don't want to read the books, she has a,

Vulnerability, in the case of Daring Greatly, is

the key to unlocking a transformative change

"not only to the way we live but to the way

we parent and lead., The Power of

Vulnerability has 6,639 ratings and 641

reviews. Nat said: I decided to give this

audiobook - narrated by the author - a

chance right after ... The Power of

Vulnerability has 6,639 ratings and 641

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