



Rising Strong

Brené Brown

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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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