

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 don't 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 you've experienced and make sure you do things differently next time. It's only then can you proudly say that you've learned from your mistakes. Maybe you're 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 of Dr. Brene Brown's Rising Strong. As you have learned to accept yourself through gifts of imperfection and show your vulnerability through Daring Greatly, give Rising Strong a chance to teach you how to genuinely overcome your failures and learn from them. Join Dr. Brene Brown as she zooms into every disappointment and mistake she's 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 you'll learn: How to look at yourself with a kind eye and learn to forgive yourself from the past mistakes you've 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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