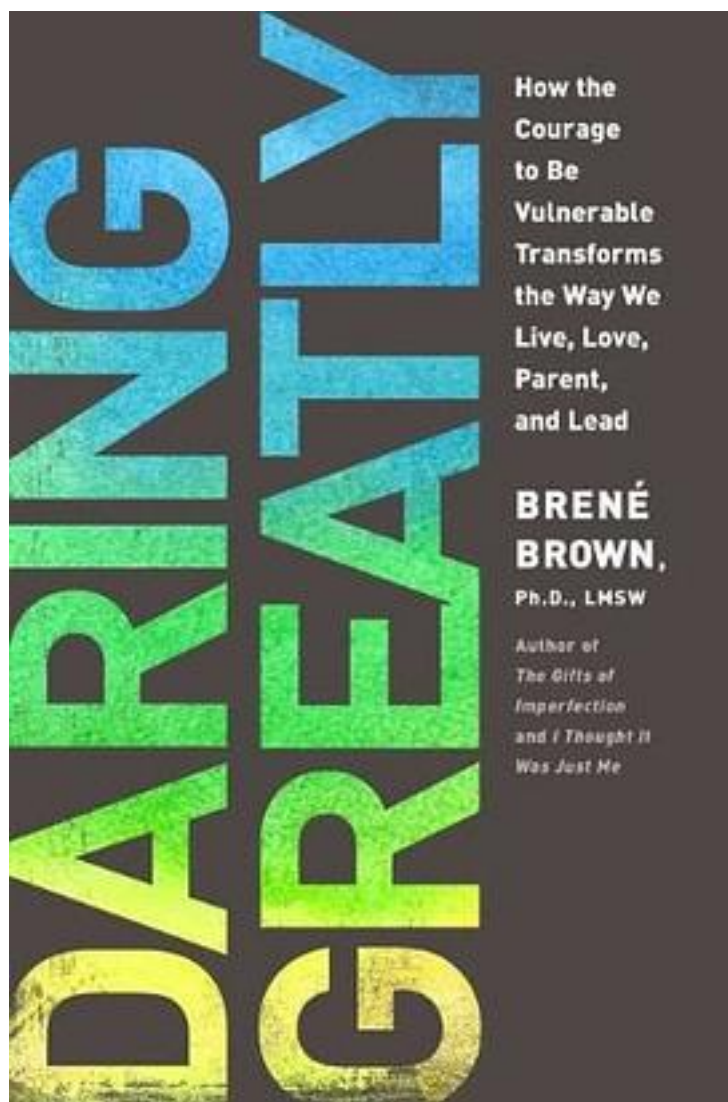


# Daring Greatly



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著者:Brene Brown

出版者:Portfolio Penguin

出版时间:2012-9

装帧:Hardcover

isbn:9781592407330

Researcher and thought leader Dr. Brené Brown offers a powerful new vision in Daring Greatly that encourages us to embrace vulnerability and imperfection, to live wholeheartedly and courageously.

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Whether the arena is a new relationship, an important meeting, our creative process, or a difficult family conversation, we must find the courage to walk into vulnerability and engage with our whole hearts.

In Daring Greatly, Dr. Brown challenges everything we think we know about vulnerability. Based on twelve years of research, she argues that vulnerability is not weakness, but rather our clearest path to courage, engagement, and meaningful connection. Daring Greatly will spark a new spirit of truth and trust in our organizations, families, schools, and communities.

'A wonderful book: urgent, essential and fun to read. I couldn't put it down, and it continues to resonate with me' -Seth Godin, author of Linchpin

'It is only by embracing our vulnerability, daring to expose that whole heart, that we can properly connect. It's thought-provoking stuff' -Stella Magazine, The Sunday Telegraph

作者介绍:

Brené Brown, Ph.D., LMSW is a New York Times bestselling author and a research professor at the University of Houston Graduate College of Social Work. She is a nationally renowned speaker and has won numerous teaching awards, including the College's Outstanding Faculty Award. Her groundbreaking work was the subject of a PBS special called "The Gifts of Imperfection" and has been featured on NPR and CNN. Her 2010 TEDx talk on the topic of vulnerability went viral and has been translated into 38 languages, and she will be a featured National TED speaker in 2012. Brené is also the author of The Gifts of Imperfection and I Thought It Was Just Me (but it isn't).

目录:

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标签

心理学

积极心理学

心理

成长

Vulnerability

Brene\_Brown

英文原版

社会学

## 评论

I was sitting in Badde Mannor and tears were just streaming down my face.

-----  
金贵的idea，平淡冗余的presentation，某个点开始Marginal input = 0啊简直。。。。

-----  
主意不错，有点啰嗦了。

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非常非常好！！！！

-----  
看得好感动

-----  
"I like the title of the book you are reading -- sounds a bit like you!!" Thanks, Rory.  
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对于快要被毕业论文，找工作，assistantship撕裂的我来说，这本书难能可贵。可是其实embrace vulnerability也是一种privilege，毕竟比起很多仍在底层挣扎的人来说，我的压力依旧是为赋新词强说愁了。希望可以找到一份工作吧，让我可以帮助更多的人

-----  
full of tears and laughter.

-----  
能讲TED不代表能写一本好书。本书遣词造句不够流畅，本来一个TED讲就刚好的东西，勉强拉长到一本书。略读。

-----  
三星半。很多实例很美式，也不太常见。作者对于shame的分析和划分（guilt, humiliation and embarrassment)不错，对于脆弱性的重要性也解释得很有说服力。不过体验到脆弱情绪时如何跟相关人员沟通，这方面写得很少。

-----  
非常好，有很多共鸣和启发。

-----  
Vulnerability  $\neq$  Weakness, Shame  $\neq$  Guilt，表达出来"At least I tried"，接纳别人"Me too"

-----  
“If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.” (最后两章感觉有点多了也是因为parenting无法relatable吧)

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A new perspective to look at yourself and relationships.

-----  
我怎么就没看出好在哪里。。。

-----  
所以真正的勇敢就是敢于受伤害。be open to vulnerabilites。

-----  
The book just speaks to everything about me at this extremely struggling stage.

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还需要反复reference。

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还是挺有启发的，我也做很多笔记，是二月份阅读的书目，落了没标记

-----  
最后一部分关于 parenting  
的草草草草翻过，其他都读的很认真。可能是今年对我最重要的一本书。

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## 书评

为什么想看这本书，要从和妈妈一起去医院看生病的姑姑说起。  
妈妈和姑姑同龄，周岁四十五。这天，她早早地便坐上七点的火车，提前来到医院。  
从医院出来后，我问妈妈：“妈，看到姑姑生病，一个人在医院，你有什么感觉？”  
妈妈斩钉截铁地说：“没有什么感觉。人都会生病。” ...

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美国休斯敦大学教授Brené Brown的两个#TED#演讲：“脆弱的力量” <http://www.wisdomsnack.com/1136.html>以及“聆听羞耻”<http://www.wisdomsnack.com/1159.html>，触动了很多人的心。她的新书Daring Greatly鼓励大家拥抱自己的“脆弱vulnerability”和“不完美imperfection”，全...

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书中有很多触动的段落。但是由于懒，没有及时记下和整理，只能挑印象深刻地梳理一下。书的副标题是 How the courage to be vulnerable transforms the way we live,love

parent and lead.

这是一本关于勇气，脆弱，羞耻的书，理解这些会改变我们生活的方式。全书分七章，开头...

书名：Daring Greatly 作者：Brene Brown 分类：Psycho

阅读时间：2015年12月—2016年1月 评分：5 星 1. 书籍结构 序言：罗斯福演讲；

定义vulnerability和daring greatly C1: scarcity: looking inside the culture of “never enough”：永远不满足，永远不够好，vulnerabili...

Vulnerability is not knowing victory or defeat, it's understanding the necessity of both; it's engaging. It's being all in. Vulnerability is not weakness, and the uncertainty, risk, and emotional exposure we face every day are not optional. Our only choi...

Vulnerabilities,

乍看起来只是众多复杂情感中另类的一种，很少人提起。人们可以生气，可以伤心，但就是不愿承认自己的羞耻感(shame)。

为什么谈这个话题对人很有帮助？向别人展示自己的脆弱、缺点和无助，需要极大的勇气。但若不具备这种敞开心扉的勇气，小则无法与他人建立...

看此书是一次心理疗愈。剖析我内心挣扎的根源，包括家庭、工作环境、教育和文化环境对自我心理成长的影响。对东方人来说，羞耻感是骨子里深植的。环境无法改变，但我们可以发现问题自我塑造、成长。重新定义自己，改变思维模式。这本书对没有自卑感的人而言可能不适用，但对我...

我从小就不是一个自信的人，但是，在阅读此书之前，我都不曾明白，我为什么不自信。

我常常在说话，做事之前，总是考虑别人会怎么想，别人会怎么看我，评价我。别人的评价似乎就是对我价值的肯定，《拖延心理学》这本书里的价值公式“价值=能力=表现”，表现的好坏，只能依靠他...

每天，我们经历不确定性、风险和情感暴露，它们决定着我们脆弱畏惧还是勇敢拼搏。布琳·布朗根据自己十二年开拓性的研究，消除了“脆弱性即弱点”的文化神话，她认为，实际上，脆弱性是我们衡量勇气的最精确尺度。布朗解释说：脆弱性是消极情感的核心，例如恐...

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以前我以为只要我对无知的事情、无知的问题会感到无力恐惧，脆弱时刻特别多。后来才知道人类都是脆弱的。脆弱所带来的情绪并不是毫无作用的，直面我们的脆弱，我们会变得更果敢与更好。当你真正去面对问题时，而不是逃避，才会让自己变得更强。书也讲述了男女的脆弱的不同， ...

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