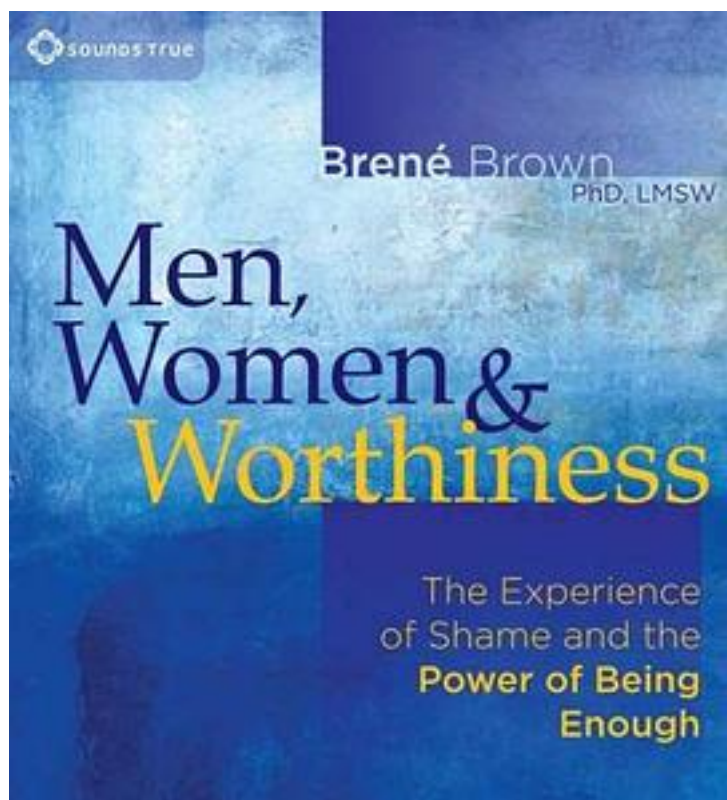


Men, Women, and Worthiness



[Men, Women, and Worthiness 下载链接1](#)

著者:Brene Brown PhD LMSW

出版者:Sounds True

出版时间:2012-11-15

装帧:Audio CD

isbn:9781604078510

We Are Enough: Engaging with the World from a Place of Worthiness

What does it take to be secure in our sense of belonging and self-worth? We may hustle to attain this security through achievements, meeting expectations, or repeating affirmations to ourselves-but Dr. Brené Brown's research has shown there is ultimately one obstacle to our sense of worthiness. "Shame is the barrier," she teaches, "and building shame resilience is how we overcome it." With Men, Women, and Worthiness,

Dr. Brown draws upon more than twelve years of investigation to reveal how we can disarm the influence of shame to cultivate a life of greater courage, joy, and love. In this rich and heartfelt examination of this pivotal element of happiness, she invites you to explore:

The differences and similarities between the experience of shame for men and women

Guilt vs. shame-why one is a useful force for growth, while the other keeps us small

The four elements of shame resilience-identifying our triggers, practicing critical awareness, sharing our story, and speaking honestly about shame

Empathy as the primary antidote to shame

"Whether you are a man, woman, or child, every one of us has the irreducible need for love and belonging," Dr. Brown teaches. "A sense of self-worth, unhindered by the inner voices of shame, allows us to meet that need." With the warmth, candor, and humor that has made her a celebrated speaker, Brené Brown offers a road map for navigating the emotions that hold us back-so we can cultivate a life of authenticity and connection.

作者介绍:

Brené Brown, PhD, LMSW is a research professor at the University of Houston's Graduate College of Social Work who has spent the past 10 years studying vulnerability, courage, authenticity, and shame. She is a nationally renowned speaker and has won numerous teaching awards, including the college's Outstanding Faculty Award. Her groundbreaking work has been featured on PBS, NPR, and CNN. Her 2010 TEDxHouston talk on the power of vulnerability is one of most watched talks on TED.com. Her most recent TED talk, "Listening to Shame," was released in March 2012.

Brené is the author of *The Gifts of Imperfection* and *I Thought It Was Just Me (but it isn't)*. She is also the author of *Connections*, a psychoeducational shame resilience curriculum that is being facilitated across the nation by mental health and addiction professionals.

Brené's current research focuses on wholeheartedness in families, schools, and organizations. She lives in Houston with her husband and their two young children.

目录:

[Men, Women, and Worthiness 下载链接1](#)

标签

心理学

生活

人文

科普

社科

成长

spirituality

SoundsTrue

评论

2019-2020 Audible UK @London

[Men, Women, and Worthiness_ 下载链接1](#)

书评

The best production of Brene Brown. This audio book summarized all her concepts and research on shame, vulnerability and self- worthiness, and in my opinion, is much more powerful and relatable than her books. It is a life changer and I truly recommend it t...

[Men, Women, and Worthiness_ 下载链接1](#)