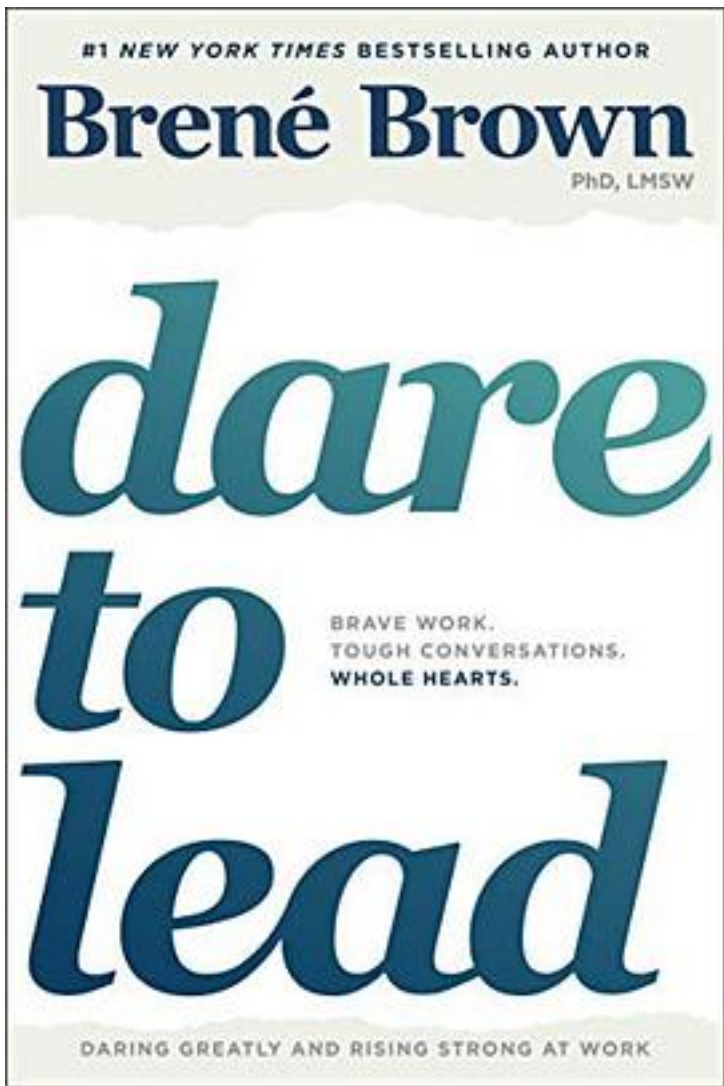


Dare to Lead



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著者:Brené Brown

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Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.

When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work.

But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start.

Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question:

How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture?

In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love.

Brown writes, “One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here.”

Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

作者介绍:

Brené Brown, PhD, LMSW, is a research professor at the University of Houston, where she holds the Huffington Foundation–Brené Brown Endowed Chair at the Graduate College of Social Work. She has spent the past two decades studying courage, vulnerability, shame, and empathy and is the author of four #1 New York Times bestsellers: *Braving the Wilderness*, *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection*. Her TED talk—“The Power of Vulnerability”—is one of the top five most-viewed TED talks in the world with more than thirty-five million views. Brown lives in Houston, Texas with her husband, Steve, and their children, Ellen and Charlie.

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标签

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评论

这类self-help书籍对我来说最最有帮助的不是理念，而是一个个工作和生活场景下的例子，hit so close to home

看了Brene在TED上的演讲，买了这本新书来读，很受启发，她的书写得比较能触及心理底层的恐惧和情感，然后有条理的告诉我们怎么去接受它并且走出舒适区。我喜欢她的这本书。

Audible

从人性的角度讲如何当leader，如何面对shame，如何保持vulnerability，如何当自己和大家open up。

这本书有点难读，不是因为文字隐晦，而是内容太多，有点把作者多年研究全部压在一起的感觉，跟她以前的作品也有点重复。但是，干货还是很多的，每一篇章都让人有多反思，也给了许多练习的实用技巧。听Audible听到一半还是觉得要看文字版才能真正体会。最喜欢的一句话 “Integrity is choosing courage over comfort; it’s choosing what’s right over what’s fun, fast, or easy; and it’s practicing your values, not just professing them.” Integrity大概真的是对于一个领导的最好评价了。

被书名骗了系列。以为是给新手leader的鸡血，结果又是讲vulnerability，如何通过勇于展示自己的脆弱来更好地connect with others。论调听起来很熟悉，一看，原来是和上上一本书同一作者，擦

没什么新东西

放下自我保护，展现给同事、下属自己脆弱不行的地方需要勇气，更需要掌握好其中的度。若能灵活运用这种领导方式，整个工作氛围会截然不同。

这书应该可以压缩到几页纸…写的有点啰嗦了

比想象中的要实用很多。TASC和BRAVING这两个framework立刻就能在工作中用的到。对vulnerability, shame和courage也有了不同的认知。难怪我老板的老板的老板的老板这么喜欢这个作者

备战panel时候读的是不是2020第一本书

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