



Summary - Rising Strong: Book by Brene Brown - How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead (Paperback)

By Instant-Summary

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Rising Strong: A Complete Summary! Rising Strong is a book by Brene Brown, a social work professor and psychology researcher who focuses on discovering what it is that prevents people from being happy and living fulfilled lives. Brown has also written two other brilliant works in addition to Rising Strong, titled The Gifts of Imperfection and Daring Greatly, both of which fall into the category of self-help literature. These two books, similar to Rising Strong, use real life situations and stories to provide practical approaches to every problem. This book talks, as the title suggests, about getting up when we fall down. The author does not mean getting up when we literally fall down, but when we fall down emotionally and spiritually. Every human being has, more or less, this unpleasant experience of falling, when we feel like the world and our life is just pressing us too hard and that it is seemingly impossible to continue living. This is something that will be familiar to many, if not all, people. The author, as in her previous works, uses real experiences from...



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