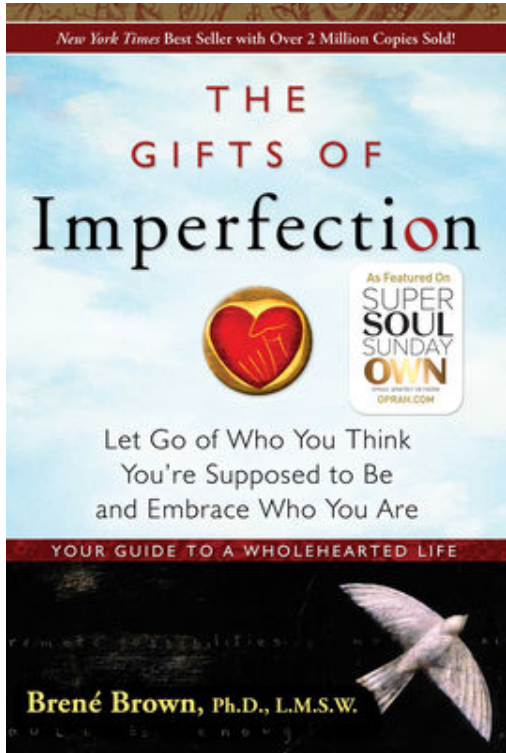


# Download gratis bøger The Gifts of Imperfection (PDF - ePub - Mobi) Brené Brown DbsBook



When our embarrassments and fears lie, we often listen to them anyway. They thwart our gratitude, acceptance, and compassion—our goodness. They insist, “I am not worthy.” But we *are* worthy—of self-discovery, personal growth, and boundless love. With Brené Brown’s game-changing *New York Times* bestseller *The Gifts of Imperfection*—which has sold **more than 2 million copies** in more than **30 different languages**, and *Forbes* recently named **one of the "Five Books That Will Actually Change Your Outlook On Life"**—we find courage to overcome paralyzing fear and self-consciousness, strengthening our connection to the world.

A motivational and inspiring guide to wholehearted living, rather than just the average self-help book, with this groundbreaking work Brené Brown, Ph.D., bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an “imperfect” life and embracing living authentically. Brown’s “ten guideposts” are benchmarks for authenticity that can help anyone establish a practice for a life of honest beauty—a perfectly imperfect life.

Now more than ever, we all need to cultivate feelings of self-worth, as well as acceptance and love for ourselves. In a world where insults, criticisms, and fears are spread too generously alongside messages of unrealistic beauty, attainment, and expectation, we look for ways to “dig deep” and find truth and gratitude in our lives. A new way forward means we can’t hold on too tightly to our own self-defeating thoughts or the displaced pain in our world. Instead, we can embrace the imperfection.

<b>Titel</b>	:	The Gifts of Imperfection
<b>Forfatter</b>	:	Brené Brown
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