



Summary: **Rising Strong: in less than 30 minutes** (Brene Brown)

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Rising Strong by Brene Brown | Book Summary (BONUS INSIDE)

NOTE: This is a summary of the book and NOT the original book. I want to thank you for downloading this book 'Rising Strong Summarized for Busy People: Takeaways from Rising Strong by Brené Brown'. I hope that you find it a worthwhile read. I think you will find this book a rewarding experience and an interesting journey, because if you spend the necessary time on it you'll learn how your individual mind and emotions work. This way you can control your mind and use it in a much efficient way. Every person is different, but that doesn't mean that we're not going through similar experiences in life. We all have battles to fight and sometimes we hit bottom. This book will teach you how to rise from your falls, how to rise from the ashes, and how to rise from nothing. When we have nothing, we have nothing more to lose. This book will provide you with the emotional strength and steps necessary in order to get your life back on track as best as possible. This book's main aim is to teach you and others how to rise from mistakes, to be open about our experiences and not to hide the things that we've done. We learn most from experiences or mistakes, so it's important that we learn from mistakes, rather than try and hide them or forget about them. I hope this book teaches you how to be a better you, a stronger you, and someone who can rise strong! Would you like to be stronger? Do you want more will power? How would you act if you couldn't lose?

Here Is A Preview Of What You'll Learn...

- - 1 - The Physics of Vulnerability
- - 2 - Civilization Stops at the Waterline
- - 3 - Owning Our Stories
- - 4 - The Reckoning
- - 5 - The Rumble
- - 6 - Sewer Rats and Scofflaws
- - 7 - The Brave and Brokenhearted
- - 8 - Easy Mark
- - 9 - Composting Failure
- - 10 - You Got to Dance with Them That Brung You
- - 11 - The Revolution
- Bonus

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