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A review: I thought it was just me (but it isn't ...

I Thought It Was Just Me is the self-development book which teaches the importance of our imperfections in our career and relationship. Brene Brown is the author of this outstanding book. She is the leading authority of vulnerability which inspired the thousands of people through her life-changing books, hundreds of interviews and TEDx talks.

I Thought It Was Just Me - Part 2 - Escaping The Comparison Trap - Duration: 47:12. STSA Church 7,062 views. 47:12. I Thought It Was Just Me - Part 3 - My Need For Control - Duration: 54:27.

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I Thought It Was Just Me (but it isn't): Ph.D., L.M.S.W ...

I Thought It Was Just Me is an urgent and compelling invitation to examine our struggles with shame and to learn valuable tools to become our best, most authentic selves. Grounded in exceptional scholarship and filled with inspiring stories, this is one of those rare books that has the potential to turn lives around."

I Thought It Was Just Me (but it isn't): Making the ...

In her book I Thought It Was Just Me (But It Isn't), Brené looks at the difference between shame and guilt, explores the triggers to these feelings, and how to recognize and overcome these strong emotions. She dives deep to get to the root of what triggers fear and shame within us and why we feel certain situations more strongly than others.

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— Brené Brown, I Thought It Was Just Me: Women Reclaiming Power and Courage in a Culture of Shame “Compassion is not a virtue -- it is a commitment. It's not something we have or don't have -- it's something we choose to practice.”

I Thought It Was Just Me Quotes by Brené Brown

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I Thought It Was Just Me - Part 1 - Never Enough

A review: I thought it was just me (but it isn't) “It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . .

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