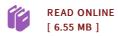




I Thought it Was Just Me (but it Isn T): Telling the Truth About Perfectionism, Inadequacy and Power (Paperback)

By Brene Brown

GOTHAM BOOKS, United States, 2008. Paperback. Condition: New. Language: English. Brand New Book. Researcher, thought leader, and New York Times bestselling author Brene Brown offers a liberating study on the importance of our imperfections--both to our relationships and to our own sense of self The quest for perfection is exhausting and unrelenting. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we re supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism and blame by seeking safety in pretending and perfection. Dr. Brene Brown, Ph.D., LMSW, is the leading authority on the power of vulnerability, and has inspired thousands through her top-selling books Daring Greatly, Rising Strong, and The Gifts of Imperfection, her wildly popular TEDx talks, and a PBS special. Based on seven years of her ground-breaking research and hundreds of interviews, I Thought It Was Just Me shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful...



Reviews

The ebook is not difficult in study preferable to understand. it was writtem quite flawlessly and beneficial. You are going to like just how the author compose this book.

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Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. HardCover. Pub Date: Unknown Pages: 40 Publisher: the Star Press Information Original Price: 32.80 yuan: Germany) of Quinter Bu Huoci forward....



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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English. Brand New Book ***** Print on Demand *****. Klara is a little different from the other cows, because she has a very special...



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Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. This isnt porn. Everyone always asks and some of our family thinks it is for sure. but its not....