



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...



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