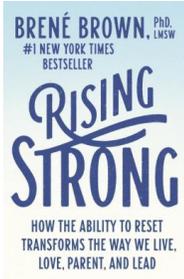


Books by the Stack



Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead by Brené Brown

Social scientist Brené Brown explores what it takes to get back up in times of vulnerability, and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending.

Why you'll like it: *Inspirational. Self-help. Candid.*

About the Author: Brené Brown was born in San Antonio, Texas on November 18, 1965. She received a Bachelor of Social Work at University of Texas at Austin, a Master of Social Work and Ph.D. from the Graduate College of Social Work at the University of Houston. She is a research professor at the University of Houston Graduate College of Social Work. She is the author of *I Thought It Was Just Me*, *The Gifts of Imperfection*, and *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*.

Questions for Discussion

1. Brené Brown assumes in *Rising Strong* that all of us will fall at some point. Discuss what she means by fall at some point...all of us? Can you think of an example from your own life?
2. What does Brown mean by personal vulnerability? Why is it important, according to the author, to accept our own vulnerability?
3. What is the significance of the book's title, *Rising Strong*?
4. Are you able to recognize yourself in some of Brown's examples of learning to be clear-eyed about who you are – your faults, biases, and weaknesses, as well as your strengths? How can one honestly assess oneself? What often prevents us from a true assessment?
5. Brown breaks down the process of “rising strong” into three parts – reckon, rumble, and revolution. Which part was interesting for you to read about? Why?
6. There are many tips given by Brown in order to overcome difficult moments and emotions. Which of her tips did you find most helpful or interesting and why?
7. In Brown's opinion, if people begin to talk about negative emotions like shame and vulnerability, then the emotions will not have as much power over people. What are your thoughts on Brown's opinion?
8. Positive thinking is a concept that Brown touches on in *Rising Strong*. Do you think it's possible to change one's life solely by thinking positively?
9. When one person shows empathy and compassion to another, it branches out and touches more than just the original person. What are your thoughts on this “ripple effect” idea?

10. Brown states that change takes place during the rumble stage. How do you think change and personal growth happen?

11. In the revolution state, a person begins to integrate the lessons they have learned into all areas of their lives. How easy or difficult do you think this process of integration is?

(Questions provided by the publisher and Litlovers.com

)



www.grpl.org/BookClub