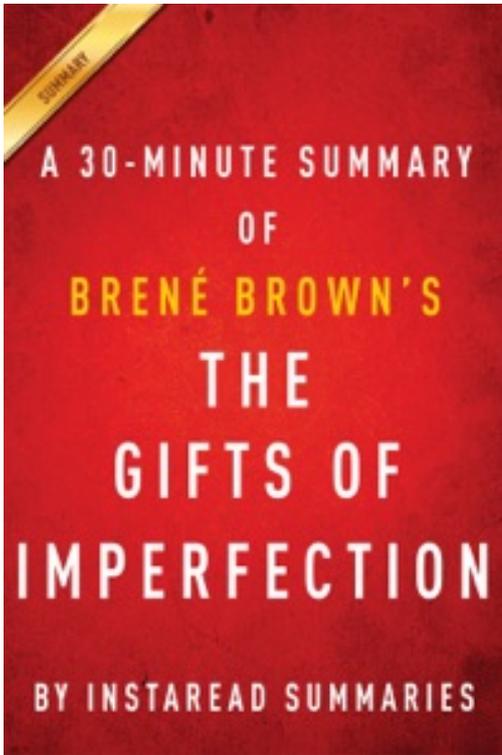


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This is an Instaread Summary of 'The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are' by Brene Brown.

Below is a preview of the earlier sections of the summary:

Chapter 1

It is necessary to practice courage, compassion, and connection on a daily basis in order to develop worthiness. It is a mistake to try and win someone over, because it means trading in the sense of self in search of approval from another. By doing this, people stop believing in their own

worth.

The first step toward living wholeheartedly is for people to have the courage to reach out to others and to share their own stories of shame. When in need of compassion, people should reach out to the right person, someone who supports them whether they are feeling strong or whether they are struggling. When people are willing to reveal that they are imperfect and real, their relationships are strengthened. They make a connection. This is why courage, compassion, and connection are the gifts of imperfection.

Courage is displayed when people are willing to speak honestly and openly about who they are, what they are feeling, and their experiences both good and bad. Courage is about being vulnerable. It takes courage for someone to ask for what he or she needs and to risk disappointment. When one person has courage, it can create a ripple effect, making others around that person a little braver.

Compassion is a relationship between two equals. It occurs when people recognize they share humanity with others. The heart of compassion is acceptance by people of themselves and of others. In order for compassion to occur, people need to set boundaries and hold others accountable for their behavior. The key to compassion is being able to separate people from their behaviors. It is necessary to address what people do, not who they are.

Connection exists as the energy between people who feel they have been seen, heard, and valued

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Chapter 2

Love and belonging are necessary in people's lives. In order for people to experience love and belonging, they must believe they are worthy. People who accept themselves for who they are and who stop worrying about what others think are worthy of love and belonging. At the heart of wholeheartedness is that people have to believe they are worthy now, as they are, not if or when they become or do something in the future...

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