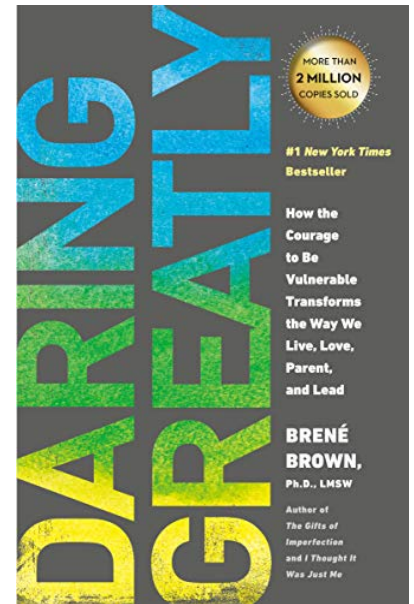


# Daring Greatly Book Summary (PDF) by Brené Brown

Ready to learn the most important takeaways from Daring Greatly in less than two minutes? Keep reading!



## Why This Book Matters:

Daring Greatly explains to readers that shame is pervasive in society and leads to destructive behaviors.

## The Big Takeaways:

1. **Shame is so harmful that it leads people to disconnect from others.**
  1. If People who experience trauma and abuse often isolate themselves and, instead, surround themselves with objects.
2. **The solution to shame is vulnerability.**
  1. Vulnerability contains a high level of risk to those who already feel like outcasts in society, but it is essential for healing.
3. **Vulnerability requires courage and strength.**
  1. People must expose themselves to others in a safe way for healing to occur.

4. **Shame is used in education and business as a way to “motivate” change.**
  1. Publicly ridiculing students and workers for their failures cause people to disengage.
5. **Encouraging vulnerability is the key to motivating change.**
  1. Leaders who allow for vulnerability create an atmosphere of trust which fosters growth and expansion at school, work, and home.

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